Panasonic

DIMENSION 4 *the Genius*

Microwave / Convection Oven

# NN-C888W / NN-C888B

## Operation Guide
## &
## Cook book

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## Precautions to be taken when using Microwave Ovens for Heating foodstuffs

### INSPECTION FOR DAMAGE

A microwave oven should only be used if an inspection confirms all of the following conditions:

1. The grille is not damaged or broken.
2. The door fits squarely and securely and opens and closes smoothly.
3. The door hinges are in good condition.
4. The metal plates of a metal seal on the door are neither buckled nor deformed.
5. The door seals are neither covered with food nor have large burn marks.

### PRECAUTIONS

Microwave radiation from microwave ovens can cause harmful effects if the following precautions are not taken:

1. Never tamper with or deactivate the interlocking devices on the door.
2. Never poke an object, particularly a metal object, through the grill or between the door and the oven while the oven is operating.
3. Never place saucepans, unopened cans or other heavy metal objects in the oven.
4. Do not let other metallic articles, e.g. fast food foil containers, touch the side of the oven.
5. Clean the oven cavity, the door and the seals with water and a mild detergent at regular intervals. Never use any form of abrasive cleaner that may scratch or scour surfaces around the door.
6. Always use the oven with the trays or cookware recommended by the manufacturer.
7. Never operate the oven without a load (i.e. an absorbing material such as food or water) in the oven cavity unless specifically allowed in the manufacturer's literature.
8. For horizontally hinged doors, never rest heavy objects such as food containers on the door while it is open.
9. Do not place sealed containers in microwave ovens. Baby bottles fitted with a screw cap or a teat are considered to be sealed containers.

### PRACTICAL HINTS

1. Before using CONVECTION, COMBINATION or GRILL function for the first time, wipe excessive oil off in oven cavity and operate the oven without food on CONVECTION 250°C for 20 minutes. This will allow the oil that is used for protection to be burned off.
2. Exterior oven surfaces, including air vents on the cabinet and the oven door will get hot during CONVECTION, COMBINATION and GRILL. Use care when opening or closing door and when inserting or removing food and accessories.

WE CERTIFY THAT THIS MICROWAVE OVEN HAS BEEN INSPECTED AND COMPLIES WITH THE REQUIREMENTS OF REGULATION 3, SUBCLAUSE(2), OF THE MICROWAVE OVENS REGULATIONS 1982.
MATSUSHITA ELECTRIC INDUSTRIAL CO., LTD.

(This statement applicable only to New Zealand.)

We certify that this microwave oven has been inspected and complies with the safety requirements of government notice 466 of March 1981, and complies with the Radio Regulation of government notice 587 of March 1986.

(This statement only applicable to South Africa.)

## WARNING

a) The door seals and door seal areas should be cleaned with a damp cloth.
The appliance should be inspected for damage to the door seals and door seal areas and if these areas are damaged the appliance should not be operated until it has been repaired by a service technician trained by the manufacturer.

b) It is dangerous for anyone other than a qualified service technician trained by the manufacturer to perform repair service.

c) If the supply cord of this appliance is damaged, it must be replaced by the special cord available only from the manufacturer.

d) Before use, the user should check that utensils are suitable for use in microwave ovens.

e) Accessible parts may become hot when the CONVECTION/COMBINATION/GRILL is in use. Children should be kept away.

# *Installation and Earthing Instructions*



## Important Instructions

**WARNING** - To reduce the risk of burns, electric shock, fire, injury to persons or excessive microwave energy:

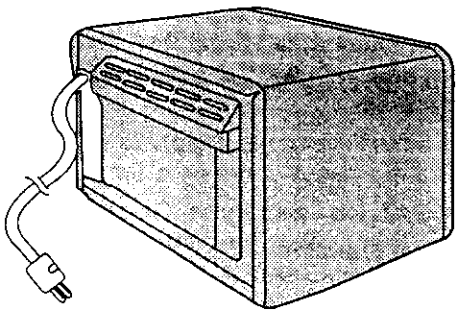
1. Read all instructions before using microwave oven.
2. Some products such as whole eggs and sealed containers - (for example, closed glass jars and **sealed baby bottles with a teat**) - may explode and should not be heated in a microwave oven.
3. Use this microwave oven only for its intended use as described in this manual.
4. As with any appliance, close supervision is necessary when used by children.
5. Do not operate this microwave oven, if it is not working properly, or if it has been damaged or dropped.
6. To reduce the risk of fire in the oven cavity:
   a) Do not overcook food. Carefully attend microwave oven if paper, plastic, or other combustible materials are placed inside the oven to facilitate cooking.
   b) Remove wire twist-ties from bags before placing bag in oven.
   c) If materials inside the oven should ignite, keep oven door closed, turn oven off at the wall switch, or shut off power at the fuse or circuit breaker panel.

## Earthing Instructions

This microwave oven must be earthed. In the event of an electrical short circuit, earthing reduces the risk of electric shock by providing an escape wire for the electric current. This microwave oven is equipped with a cord having an earthing wire with an earthing plug. The plug must be plugged into an outlet that is properly installed and earthed.
**WARNING** - Improper use of the earthing plug can result in a risk of electric shock.

## Placement of Oven

1. The oven must be placed on a flat, stable surface. For correct operation, the oven must have sufficient air flow. **Allow 30 cm of space on the top of the oven, 10 cm at back and 5 cm on both sides. If one side of the oven is placed flush to a wall, the other side or top must not be blocked. Do not remove feet.**
   a) Do not block air vents. If they are blocked during operation, the oven may overheat. If the oven overheats, a thermal safety device will turn the oven off. The oven will remain inoperable until it has cooled.
   b) Do not place oven near a hot or damp surface such as a gas stove, electric range or sink etc.
   c) Do not operate oven when room humidity is too high.
2. The surfaces of top, back and left side of the oven become hot during operation. Do not allow the mains cable to come in contact with the surface of the oven.



3. This oven was manufactured for household use only.
4. This oven may be built into a wall cabinet, if desired. Trim kits may be purchased from a local Panasonic dealer. See page 97 for technical specifications.

## Circuit

Your microwave oven should be operated on a separate 10 A circuit from other appliances. Failure to do this may cause the power board fuse to blow, and/or food to cook slower. Do not insert higher value fuse in the power board.

## Fan Motor Operation

After using the oven, the fan may rotate to cool the electric components. This is perfectly normal, and you can take out the food from the oven while the fan operates.

# General Instructions

## General Use

1. In order to maintain high quality, do not operate the oven when empty. The microwave energy will reflect continuously throughout the oven if no food or water is present to absorb energy.
2. If smoke is observed, press STOP/RESET pad and leave the door closed in order to stifle any flames. Disconnect the power cord, or shut off power at the fuse or circuit breaker panel.
3. Do not dry clothes, newspapers or other materials in the oven. They may catch on fire.
4. Do not use recycled paper products, unless the paper product is labelled as safe for microwave oven use. Recycled paper products may contain impurities which may cause sparks and/or fires when used.
5. Do not use newspapers or paper bags for cooking.
6. Do not hit or strike control panel. Damage to controls may occur.
7. POT HOLDERS may be needed as heat from food is transferred to the cooking container and from the container to Glass Tray. The tray can be very hot after removing the cooking container from the oven.
8. Do not store flammable materials next to, on top of, or in the oven. It could be a fire hazard.
9. Do not cook food directly on Glass Tray unless indicated in recipes. (Food should be placed in a suitable cooking utensil.)
10. **Do NOT** use this oven to heat chemicals or other non-food products. **Do NOT** clean this oven with any product that is labeled as containing corrosive chemicals. **The heating of corrosive chemicals in this oven may cause microwave radiation leaks.**

## Food

1. Do not use your oven for home canning or the heating of any closed jar. Pressure will build up and the jar may explode. In addition, the microwave oven cannot maintain the food at the correct canning temperature. Improperly canned food may spoil and be dangerous to consume.
2. Do not attempt to deep fat fry in your microwave oven.
3. Do not boil eggs in their shell and whole hard - boiled eggs. (unless otherwise stated in recipes.) Pressure will build up and the eggs will explode.
4. Potatoes, apples, egg yolks, whole squash and sausages are examples of foods with nonporous skins. This type of food must be pierced before cooking, to prevent bursting.
5. When heating liquids, e.g. soup, sauces and beverages in your microwave oven, overheating the liquid beyond boiling point can occur without evidence of bubbling. This could result in a sudden boil over of the hot liquid. To prevent this possibility the following steps should be taken:
   a) Avoid using straight-sided containers with narrow necks.
   b) Do not overheat.
   c) Stir the liquid before placing the container in the oven and again halfway through cooking time.
   d) After heating, allow to stand in the oven for a short time, stirring again before carefully removing the container.
6. **DO NOT USE A CONVENTIONAL MEAT THERMOMETER IN THE MICROWAVE OVEN. To check the degree of cooking of roasts and poultry use a MICROWAVE THERMOMETER.** Alternatively, a conventional meat thermometer may be used after the food is removed from the oven. If undercooked, return meat or poultry to the oven and cook for a few more minutes at the recommended power level. It is important to ensure that meat and poultry are thoroughly cooked.
7. **COOKING TIMES given in the cookbook section are APPROXIMATE.** Factors that may affect cooking time are preferred degree of moisture content, starting temperature, altitude, volume, size, shape of food and utensils used. As you become familiar with the oven, you will be able to adjust for these factors.
8. **It is better to UNDERCOOK RATHER THAN OVERCOOK foods.** If food is undercooked, it can always be returned to the oven for further cooking. If food is overcooked, nothing can be done. Always start with minimum cooking times recommended.
9. Extreme care should be taken when cooking popcorn. Cook for minimum time as recommended by manufacturer. Use the directions suitable for the wattage of your oven. NEVER leave oven unattended when popping popcorn.
10. When heating food in plastic or paper containers, check the oven frequently due to the possibility of ignition.
11. Take care when heating food in foil trays. Trays should be no deeper than 2 cm and should not touch the sides of the oven walls. If you are unsure of the heating time, do not leave the oven unattended.

# Microwaves and How They Work



Microwaves are a form of high frequency radio waves similar to those used by a radio, including AM, FM and CB.

Electricity is converted into microwave energy by the magnetron tube (which is the heart of the microwave oven).

From the magnetron tube, microwave energy is transmitted to the oven cavity. The microwaves are converted to heat in the food. The microwaves enter from the outside of the food and travel through the food. Continued cooking to the centre occurs by conduction.

Although pacemakers used to be affected by microwaves (as well as by other radio waves), they are now shielded and are not bothered by these interferences. This allows people with pacemakers to sit calmly by their radio or television and cook with microwave ovens.
When the microwaves come in contact with a substance, any one or a combination of three things may occur. They can be:
1. REFLECTED
2. TRANSMITTED
3. ABSORBED

## Reflection

Metal substances REFLECT microwave energy because there is no absorption and there is no heating. This is why the oven interior is either stainless steel or paint-coated steel. This ensures that the microwaves are kept inside the cavity and evenly distributed throughout the food with the help of the turntable.

## Transmission

Such substances as paper, glass and plastic TRANSMIT microwave energy and do not become hot except from food. Because these substances do not reflect or absorb microwave energy, they are ideal materials for microwave cooking containers.

## Absorption

Food contains moisture and will ABSORB microwave energy, which causes the moisture molecules within the food to vibrate at an incredible rate (2,450,000,000 times per second). Friction, created by vibration, produces heat energy which is conducted throughout the food.

# Cookware and Utensil Guide

It is important to use correct containers when cooking in a microwave oven. The following will help you to make the right selection.

**How to Test a Container for Safe Microwave Oven Use**
Fill a 1-cup glass measure with water and place it in the microwave oven along with the container to be tested; heat one minute on HIGH. If the container is microwave oven safe, it should remain comfortably cool and the water should be hot. If the container becomes very hot, it has absorbed some microwave energy and should not be used. This test cannot be used for plastic containers.

## Paper Products and Freezer Wrap

Waxed paper, paper plates, cups and napkins should not be used for heating or cooking food by Convection, Combination and Grill. Freezer wrap should not be used as it is not heat resistant and may melt. Paper towels, greaseproof paper and bake paper may be safely used for short periods of time for covering or lining.

## Glass, Ceramic and China

**Heat-Resistant glass cookware** is invaluable in microwave cooking. Many of these items are readily available in most homes: glass jugs, mixing bowls, loaf dishes, covered casseroles, oblong baking dishes, pie plates and round or square cake dishes. Examples of this type of cookware are Pyrex® and Corningware®.

**Dinnerware** can be used for microwave heating. Many brands of dinnerware are microwave safe. Check the care information for reference to microwave use for dinnerware and serving pieces. If dinnerware is marked ovenproof, it frequently is safe to use in the microwave oven. However, to be sure, check by conducting a microwave dish test.

**Several types of glassware and dinnerware** are not recommended for use in the Microwave Oven. Do not use dishes with metallic trim or containers with metal parts. Do not use cups or mugs with glued on handles, as they may fall off with continued heating. Do not use delicate glassware. Although the glassware may be transparent to microwave energy the heat from the food may cause the glassware to crack.

# Cookware and Utensil Guide

## Plastics

**Plastic dishes, cups and some freezer containers** should be used with care in a microwave oven. Choose plastic containers carefully, as some plastic containers may become soft, melt and scorch.
The majority of plastic dishes, even those designed for use in the microwave oven, are not suitable for cooking foods with high fat or sugar content, or for lengthy cooking time. Most microwave plastic dishes should not be used for longer than 3 to 5 minutes on HIGH power. These dishes, although not suitable for extended cooking, may be successfully used for defrosting or for use on lower power levels.
**Cooking Bags** designed to withstand boiling, freezing, or conventional heating are microwave safe. Prepare bags according to manufacturers' directions. When cooking by microwave, DO NOT use wire twist-ties to close bag. They can act as an antenna and cause arcing (sparks).
DO NOT COOK IN PLASTIC FOOD STORAGE BAGS.
**Plastic Wrap** such as GLAD WRAP® can be used to cover dishes in most recipes. Over an extended heating time, some disfiguration of the wrap may occur. When removing plastic wrap "covers" as well as any glass lid be careful to remove it away from you to avoid steam burns.
Loosen plastic but let dish stand covered.

## Browning Dishes

Browning dishes are used to sear chops, meat patties, steaks etc. A special coating on the bottom of the dish absorbs the microwave energy and becomes very hot. When foods are added to the dish, the result is a seared effect. Preheat the dish according to the manufacturers' directions. Add food to be seared and heat according to recipe or personal preference. Use pot holders to remove the dish from Microwave Oven. Do not use the browning dish on or in a conventional stove.
**Remember:**
Food can be covered with a loose sheet of absorbent towel to prevent splattering.
Do not attempt to deep fry in the browning dish or microwave oven as you cannot control the temperature of the oil.
**NOTE:** Browning dishes are no longer available. This information is supplied to assist people who already own a browning dish.

## Metal

Metal cookware or utensils, and those with metallic trim, should NOT be used on microwave. Since microwave energy is reflected by metal, foods in metal containers will not cook evenly. There is also the possibility of "arcing".
Although metal utensils must be avoided in microwave cooking, some metal can be helpful when used correctly.
Aluminium foil can be used safely, if certain guidelines are followed, to prevent overcooking. Small pieces of foil are used to cover areas such as chicken wings, tips of roasts, or other thin parts that cook before the rest of the recipe is finished. Make sure foil is attached securely and doesn't touch sides of oven; otherwise arcing may occur.
Foil lined containers, either cardboard or plastic, should NOT be used in the microwave oven as arcing could occur.

Metal twist-ties, either paper or plastic coated, should NOT be used on Microwave or Combination.
Frozen dinner trays can be used on Microwave if the container is no deeper than 2 cm and is filled with food. They may be used on Convection.
Metal skewers can not be used on Microwave as arcing may occur. Wooden skewers are readily available and give the same result.

**Shells:** Scalloped baking shells are best used during reheating and for short period of cooking time only.
**Thermometers** are available for use in microwave ovens. DO NOT USE CONVENTIONAL MERCURY TYPE CANDY OR MEAT THERMOMETERS in food while cooking in the microwave oven or on Combination.

## Jars and Bottles

Jars and Bottles can be used to warm food to serving temperature, if the lid is removed first. Cooking should not be done in these containers since most are not heat resistant and during extended heating times, heat from food would cause cracking or breaking.

## Straw, Wicker, and Wood

Straw and wicker baskets may be used in the microwave oven for a short period of time to warm rolls or bread. Large wooden utensils, such as bowls or cutting boards should NOT be used for prolonged heating as the microwave energy may cause the wood to become dry and brittle.

# Cookware and Utensil Chart

| | Microwave | Grill | Convection | Combination |
|---|---|---|---|---|
| Aluminium foil | for shielding | yes | yes | for shielding |
| Browning dish | yes | no | no | no |
| Brown paper bags | no | no | no | no |
| Dinnerware<br>oven/microwave safe<br>non-oven, microwave safe | <br>yes<br>yes | <br>yes<br>no | <br>yes<br>no | <br>yes<br>no |
| Disposable polyester paperboard dishes | yes* | no | yes*(up to 220°C) | yes*(up to 220°C) |
| Glassware<br>oven glassware & ceramic<br>non heat resistant | <br>yes<br>no | <br>yes<br>no | <br>yes<br>no | <br>yes<br>no |
| Metal cookware | no | yes | yes | yes** |
| Metal twist-ties | no | yes | yes | no |
| Oven cooking bag | yes | no | yes* | yes |
| Paper towels and napkins | yea | no | no | no |
| Plastic defrosting rack | yes | no | no | no |
| Plastic dishes<br>microwave safe<br>non microwave safe | <br>yes<br>no | <br>no<br>no | <br>*<br>no | <br>*<br>no |
| Plastic wrap | yes | no | no | no |
| Straw, wicker, wood | yes | no | no | no |
| Thermometers<br>microwave safe<br>conventional | <br>yes<br>no | <br>no<br>yes | <br>no<br>yes | <br>no<br>no |
| Waxed paper | yes | no | no | no |

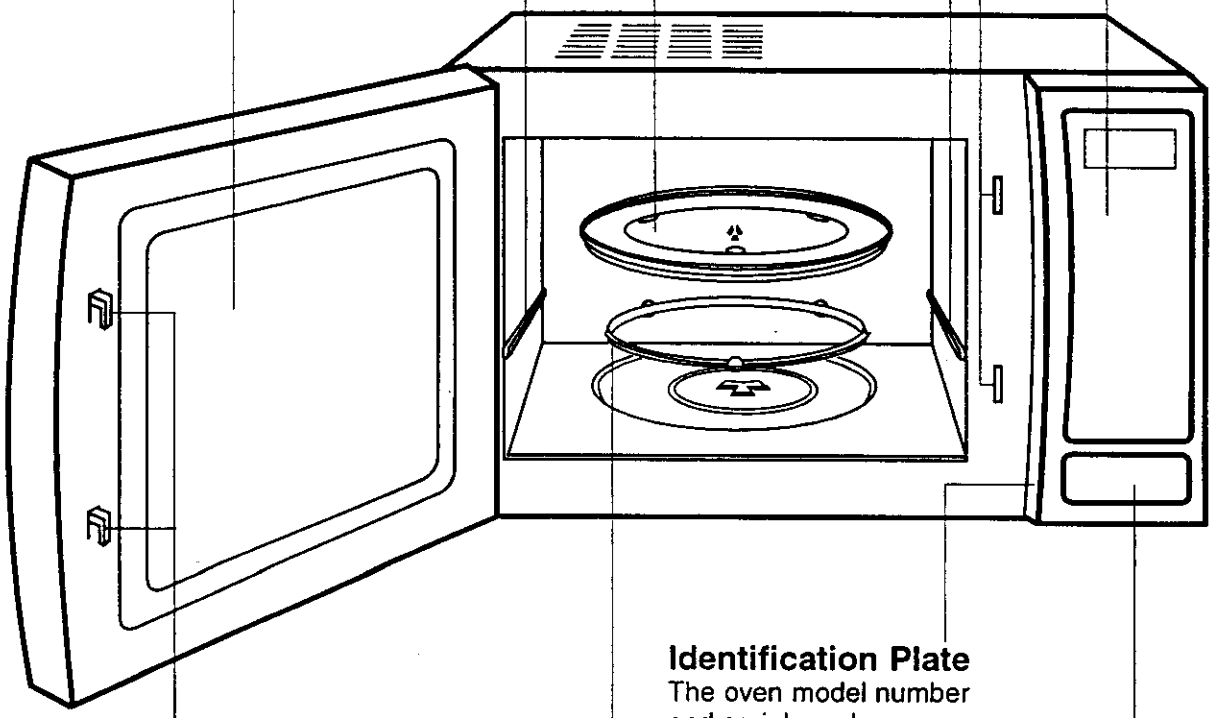
* Check manufacturers' recommendation, must withstand heat.
** Follow recipe instructions.

**NOTE:** See page 10 for accessories included.

# Feature Diagram

## Glass Tray

1. Do not operate the oven without Roller Ring and Glass Tray in place.
2. Only use Glass Tray specifically designed for this oven. Do not substitute any other Glass Tray.
3. If Glass Tray is hot, allow to cool before cleaning or placing in water.
4. Do not cook directly on Glass Tray unless otherwise indicated. Always place food in a microwave-safe dish, or on a rack set in a microwave-safe dish.
5. If food or utensils on Glass Tray touches the oven walls, causing the tray to stop moving, the tray will automatically rotate in the opposite direction. This is normal.
6. Glass Tray can rotate in either direction.



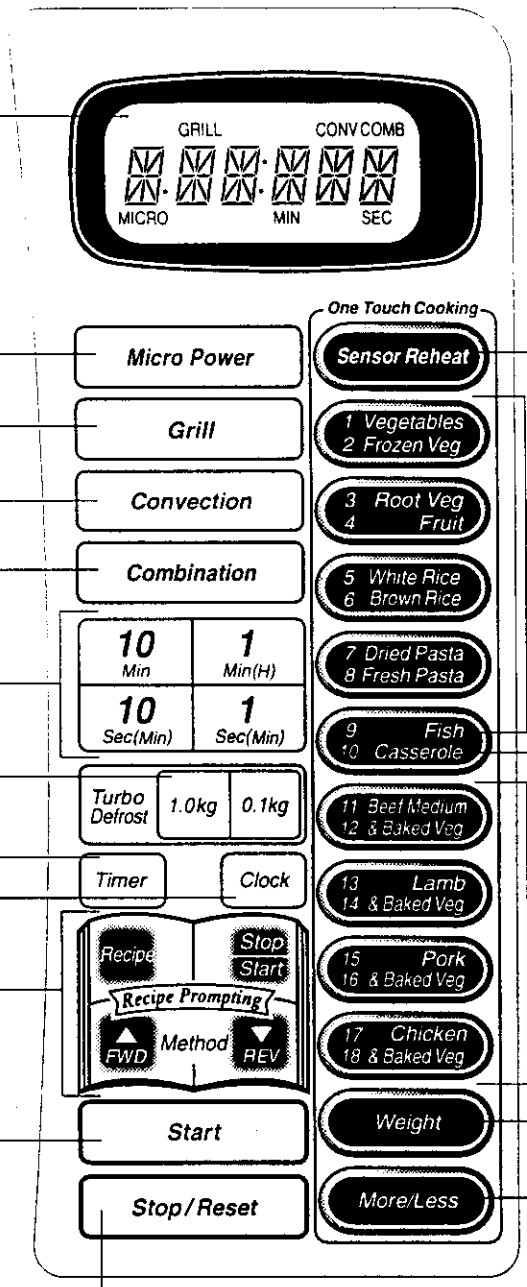

**Identification Plate**
The oven model number and serial number are recorded here.

**Roller Ring**
1. Roller Ring and oven floor should be cleaned frequently to prevent from excessive noise.
2. Roller Ring must always be used together with Glass Tray for cooking.

**Door Release Button**
Press to open the door.
Opening the door during cooking will stop the cooking process without cancelling the programme. Cooking resumes as soon as the door is closed and Start Pad is pressed. The oven light will stay on or turn on whenever the door is opened. It is quite safe to open the door at any time during a cooking program and there is no risk of microwave exposure.

**Door Safety Lock System**

# Feature Diagram - Control Panel




**Word Prompting Display**

**Micro Power pad** (☛ page 14)

**Grill pad** (☛ page 16)

**Convection pad** (☛ page 17)

**Combination pad** (☛ page 18)

**Time pads**

**Turbo Defrost pads** (☛ page 24)

**Timer pad** (☛ page 27)

**Clock pad** (☛ page 13)

**Recipe Prompting pads** (☛ page 26)

**Start pad**
One tap allows oven to begin functioning. If door is opened or STOP/RESET pad is tapped once during oven operation, START pad must again be pressed to restart oven.

**Sensor Reheat pad** (☛ page 20)

**Sensor Cook by Microwave** (☛ page 20)

**Sensor Cook by Combination** (☛ page 20)

**Weight Cook by Combination** (☛ page 22)

**Weight pad**

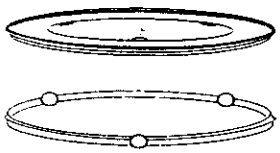
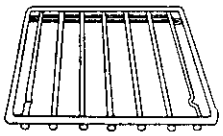
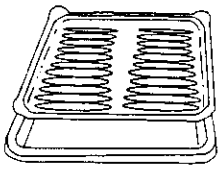
**More/Less pad** (☛ page 20)

**Stop/Reset pad**
Before cooking: One tap clears your instructions.
During cooking: One tap temporarily stops the cooking process. Another tap cancels all your instructions and time of day appears in display window.

## Prompters:

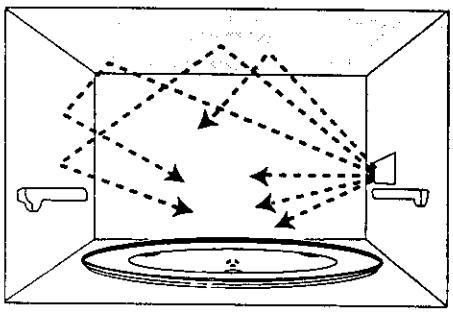
When a pad is pressed, a beep sound is heard and the corresponding letter or word(s) appear and roll across the screen. If a pad is pressed and no beep is heard, the unit does not or cannot accept the instruction. As each pad is pressed the corresponding word(s) roll across the screen. Words will automatically appear to prompt user to perform the next step. It is not necessary to wait for the words to appear before pressing pads for the next step. A two beep sound is heard between stages. At the end of any complete program, the oven will beep five times.

# Oven Accessories

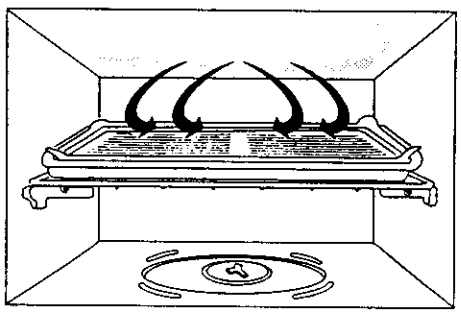
| | Glass Tray with Roller Ring  | Oven Rack  | Spatter Shield & Oven Pan  |
|---|---|---|---|
| **Microwave** | yes | no | no |
| **Grill** | no | yes | yes |
| **Convection** | no | yes | no |
| **Combination** | yes | no | no |

# Cooking Modes: Heating Source

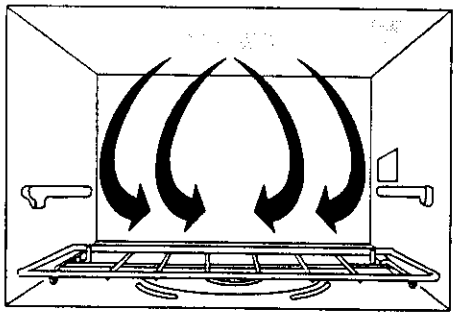
**Microwave**



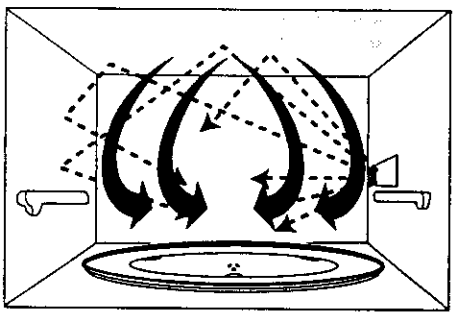
**Grill**



**Convection**



**Combination**

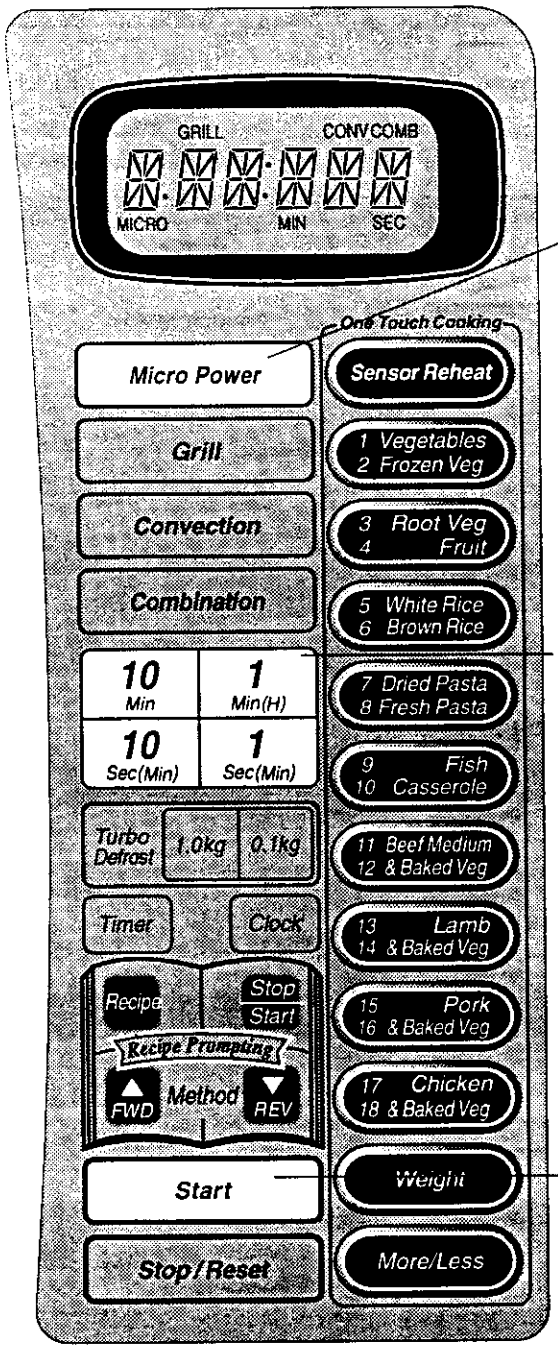


Microwave

Heat

# 1 Plug In

Plug into a properly grounded electrical outlet.
"WELCOME TO CONVECTION COOKING" appears in the display window.
(This will immediately cease when any pad is pressed.)




# 2 Press

Open the door and place the food on Glass Tray in the oven.
Then close the door.

# 3 Select Power Level

e.g. HIGH power — Press once
(Continue pressing for other power levels — page 14)

# 4 Set Time

e.g. 1 minute 30 seconds

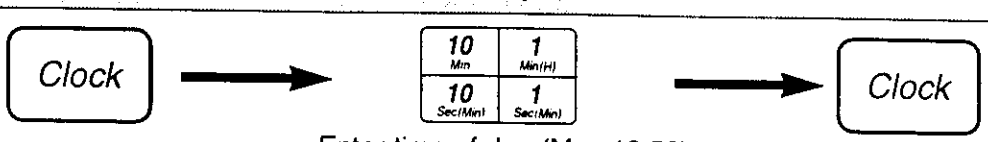
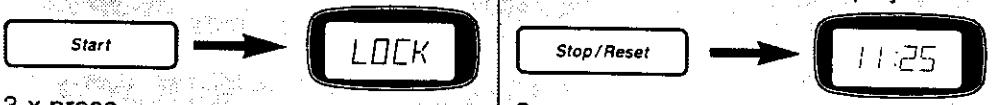
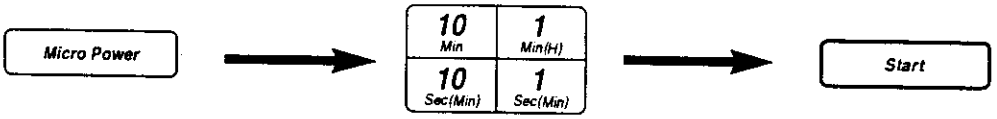
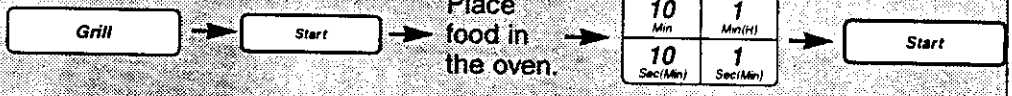
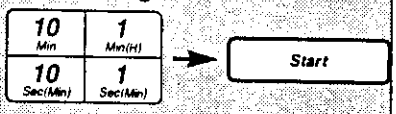
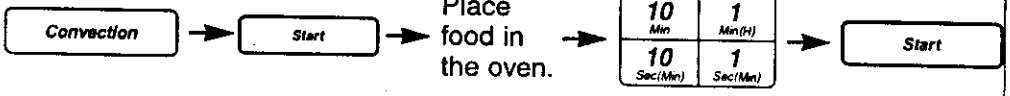
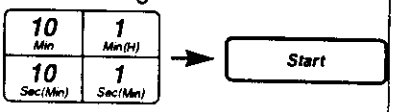
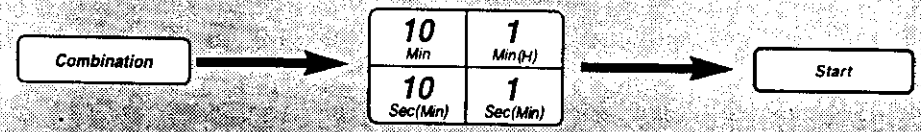
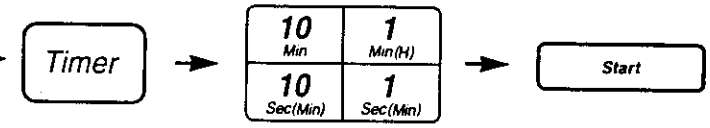
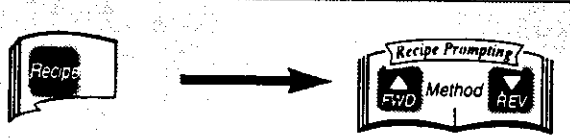
| 10 Min | 1 Min(H) |
|---|---|
| 10 Sec(Min) | 1 Sec(Min) |

Press once.

Press three times.

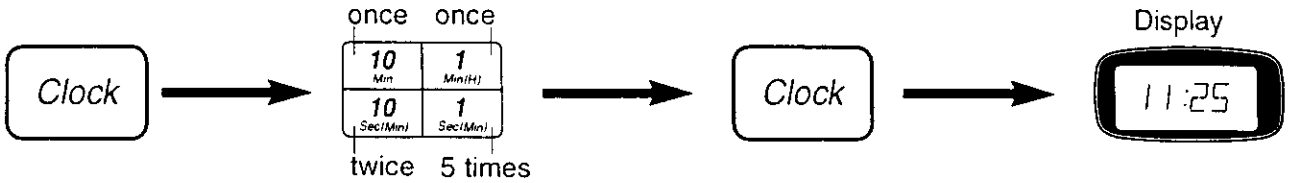
# 5 Press

# Quick Guide to Operation

| Feature | How to Operate |
|---|---|
| To Set **Clock** (☛ page 13) |   Enter time of day. (Max 12:59) |
| To Use **Child Safety Lock** (☛ page 13) | **To Set:** Start → Display LOCK. 3 x press. **To Cancel:** Stop/Reset → Display 11:25. 3 x press.   |
| To Use **Micro Power and Time Setting** (☛ page 14) |   |
| To Cook on **Grill** (☛ page 16) | For preheating:   Place food in the oven. For Cooking:   |
| To Cook on **Convection** (☛ page 17) | For preheating:   Place food in the oven. For Cooking:   |
| To Cook by **Combination** (☛ page 18, 19) |   |
| To Reheat using **"Sensor Reheat" pad :** (☛ page 20, 21) | |
| To Cook using **"One Touch Cooking"pads (1-18):** (☛ page 20-23) | **Select the Desired Food Category. (Category 1-10,)** **Select the Desired Food Category. (Category 11-18)** |
| To Set **Stand Time** (☛ page 27) | Set Desired Cooking Programme.   |
| To Use **Recipe Prompting** (☛ page 26, 27) |   |

# To Set Clock

You can use the oven without setting the clock.




- Press.
- **Enter time of day. e.g. 11:25**
- Press.

NOTES:
1. To reset time of day, repeat the steps as above.
2. The clock will keep time of day as long as the oven is plugged in and electricity is supplied.
3. Max time available is 12:59. Clock is 12 hour only.



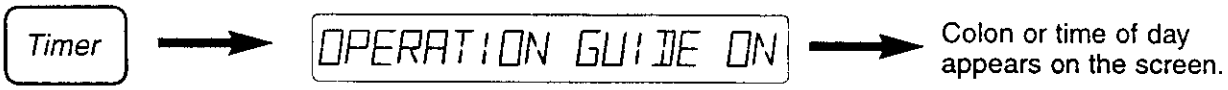
# Operation Guide on the Screen

To assist you in programming your oven, the following operation will appear on the screen.
When you become familiar with your oven, the operation guide can be turned off.

**To turn off:** Display

- **Press 3 times**

**To turn on:** Display



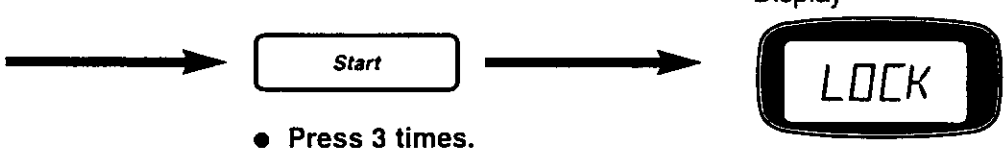

- **Press 3 times**

# To Use Child Safety Lock

This feature allows you to prevent operation of the oven by a young child; however, the door will open.
You can set Child Lock when colon or time of day is displayed.

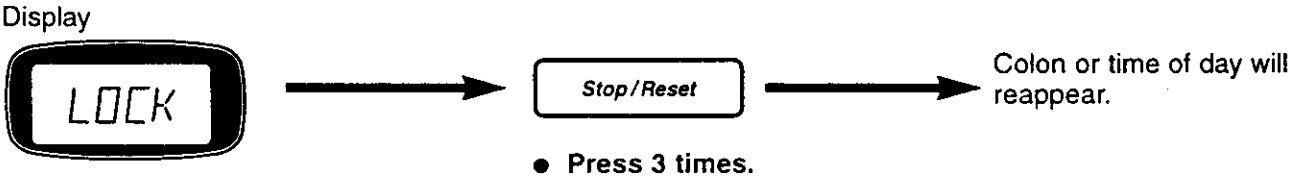
## To Set:

Colon or time of day is displayed.




- **Press 3 times.**

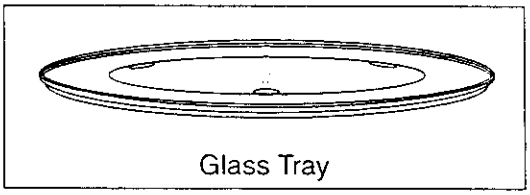
## To Cancel:




- **Press 3 times.**

# To Reheat / Defrost / Cook by Micro Power and Time

Use of Accessory:



Glass Tray

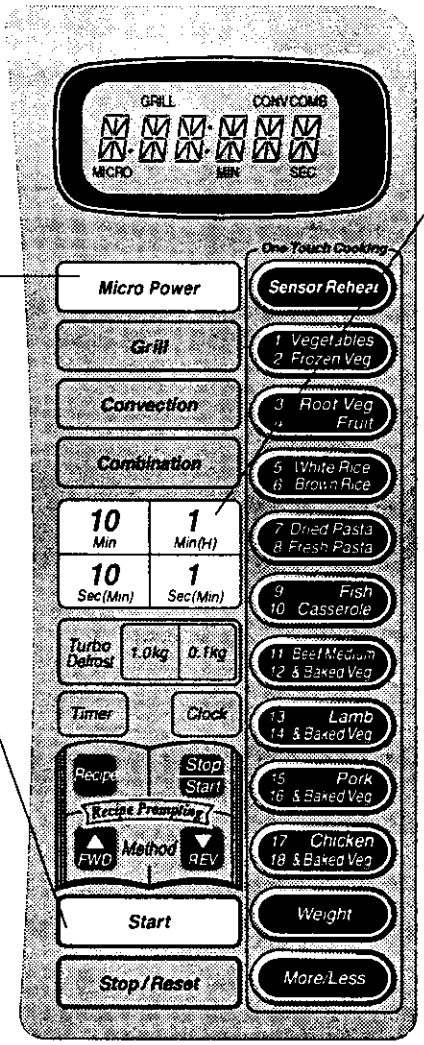
## 1 Select Micro Power

**NOTE:** When selecting HIGH power on the first stage, you can start from step 2.

## 3 Press

☛ Cooking will start.
The time in the display window will count down.
**To recall** the selected power level, press Micro Power pad.

**Two/Three stage cooking:**
Repeat steps 1 and 2 above then press Start, the oven will beep twice between stages.
e.g.Casseroles - HIGH 10 mins to bring to the boil, then MED LOW 30 mins to finish by simmering.




## 2 Set Cooking Time

(HIGH → up to 30 minutes
Others→up to 99 minutes 99 seconds

**Micro Power:**
You can select different power levels for cooking foods at different speeds, refer to the chart below.

| Power Level | Power | No. of Taps | Example of Use |
|---|---|---|---|
| HIGH | 100 % | 1 | Boil water, cook fresh fruit, vegetables, rice and pasta. Reheat soups, stews and casseroles. |
| DEFROST* | 30 % | 2 | Thaw foods. |
| MED HIGH | 70 % | 3 | Cook poultry, meat, cakes and desserts. Heat milk. |
| MEDIUM | 55 % | 4 | Cook pot roasts, casseroles and meatloaves, melt chocolate. Cook eggs and cheese. Cook fish. |
| MED LOW | 30 % | 5 | Simmer soups, stews and casseroles (less tender cuts.) Soften butter and cream cheese. |
| LOW | 10 % | 6 | Keep cooked foods warm, simmer slowly. |

* Refer to page 25.

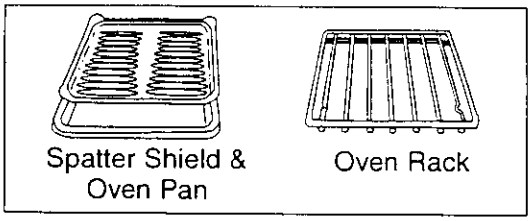
# To Reheat / Defrost / Cook by Micro Power and Time

## Reheat by setting Power and Time — Frozen Convenience Foods

| Item Frozen (pre-cooked) | Power | Approx. Time (in minutes) | Instruction |
|---|---|---|---|
| **BREAD & BAKED PRODUCTS** | | | |
| Bread 1 slice<br>1 loaf<br>6 rolls | MED HIGH<br>MED HIGH<br>MEDIUM | 10 - 15 sec<br>2 - 4<br>2 - 3 | Do not let bread get hot, or it will become rubbery and dry out. Remove whole loaf from original wrapper. Place on paper towel to absorb moisture. |
| Cheesecake (600 g) | DEFROST | 2 - 3 | Remove from container. Defrost on plate. |
| Muffins – 4 (350 g) | MED HIGH | 6 - 8 | Place onto paper towel lined plate. |
| Scones – 6 (400 g) | MEDIUM | 2 - 3 | Defrost on paper lined plate. Stand 2 minutes. |
| Croissants – 4 (250 g) | MEDIUM | 2 - 3 | Place onto paper towel lined plate. |
| **PIES**<br>Fruit Pie (500 g) | DEFROST<br>then<br>MED HIGH | 6 - 8<br><br>6 - 8 | Remove from foil container and place uncovered into a pie dish. |
| Meat Pie (300 g) | DEFROST then<br>MEDIUM | 4 - 6<br>2 - 3 | Place onto paper towel lined plate. |
| Pizza (350 g) | HIGH | 5 - 7 | Remove from package and place onto paper towel or follow manufacturers' instructions. |
| **FROZEN MEAL**<br>Fish in Sauce (200 g) | MEDIUM | 5 - 6 | Pierce corner of bag. Heat on a plate. |
| Instant Casserole in Pouch (serves 2) | MEDIUM | 4 - 6 | Pierce pouch. |
| Lasagne (300 g) | MEDIUM | 8 - 10 | Remove from foil container, place into serving dish. |
| Plate Food | DEFROST<br>then<br>MED HIGH | 3 - 4<br>then<br>3 - 4 | Arrange food evenly on a dinner plate. Add butter or gravy where desired. Cover plate with plastic wrap. |
| TV style dinner (320 g) | MEDIUM | 8 - 10 | Remove foil cover and replace with plastic wrap. |
| Vegetables & Sauce (in the bag) (500 g) | MEDIUM | 8 - 10 | Pierce corner of bag. Heat on a plate. |
| **MISCELLANEOUS**<br>Chicken Pieces (500 g) | DEFROST<br>then<br>MED HIGH | 5 - 7<br><br>6 - 8 | Place onto paper towel lined plate. |
| Fish Fingers – 8 (200 g) | DEFROST then<br>HIGH | 3 - 5<br>2 - 3 | Place onto paper towel lined plate. |
| Sausage Rolls (250 g) | MEDIUM | 3 - 5 | Place onto paper towel lined plate. |

# To Cook on Grill

Use of Accessory:




There are two Grill settings available.
Grill 1(High) is ideal for grilling meat, chicken and fish fillets.
Grill 2 (Low) is ideal for grilling whole fish and oven bake chips and browning cheese and egg dishes.

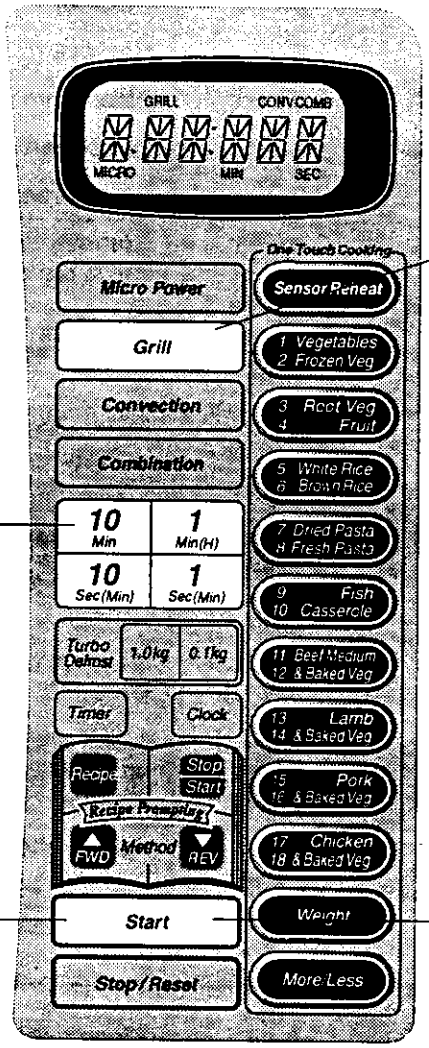
Remove Glass Tray and Roller Ring. Set Oven Rack on Rack Guides. Place Spatter Shield and Oven Pan on Oven Rack.

## 3 Place the food

on Oven Pan with Spatter Shield.
At the completion of preheating, 3 beeps will be heard and "PREHEAT END" rolls across the screen.

## 4 Set Time

(up to 99 minutes and 99 seconds)




## 1 Select Grill Power

Grill 1 (High) or Grill 2 (Low) can be selected.

## 5 Press

☛ Cooking will start.

## 2 Press

☛ The oven begins to preheat. Do not open the door during preheating.

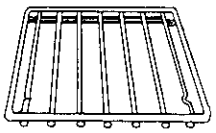
**NOTE:**

1. If the oven door is not opened after the completion of preheating, the oven will maintain the selected Grill Power for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
2. If preheating is not required for the food you are cooking, eliminate step 2.
3. If Stop/Reset pad is pressed twice after preheating, when the Cooking time is entered the oven will operate by micro power.

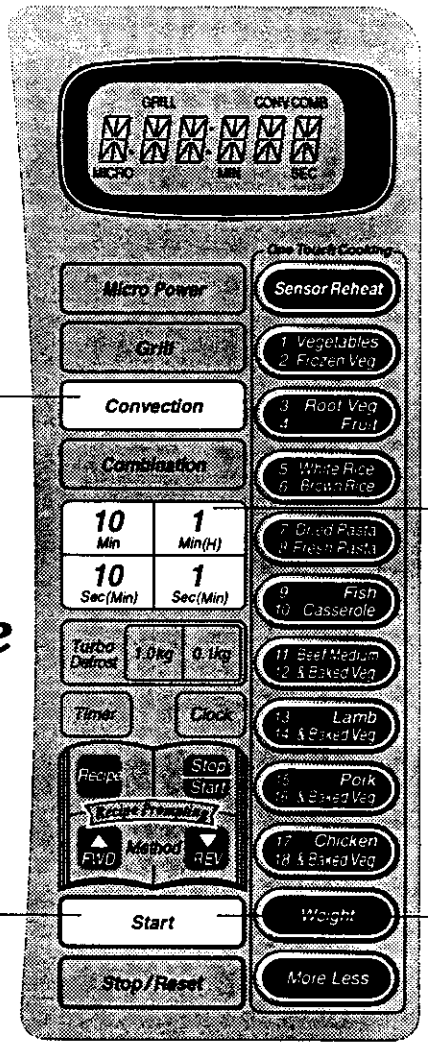
# To Cook on Convection

Use of Accessory:

Oven Rack



This pad offers a choice of Convection Bake temperatures from 100-250°C in 10°C increments. Remove Glass Tray and Roller Ring, then set Oven Rack on oven floor.
Just like a conventional oven, the convection oven has a heating element to give the dry heating needed to produce crisp, browned exteriors. Convection cooking has the addition of a fan to produce conventional results with a slightly reduced cooking time. Most conventional recipes will be suitable for use. Follow the minimum suggested cooking times and add additional time if required. Convection recipes are also available throughout the recipe section.




## 1 Select the desired oven temperature

## 2 Press

- The oven begins to preheat. Do not open the door during preheating.

## 3 Place the food

After preheating 3 beeps will be heard and "PREHEAT END" rolls across screen.

## 4 Set Time

(up to 9 hours and 99 minutes)
10 min becomes inoperable
1 min becomes 1 hour
10 sec becomes 10 min,
1 sec becomes 1 min.

## 5 Press

- Cooking will start.

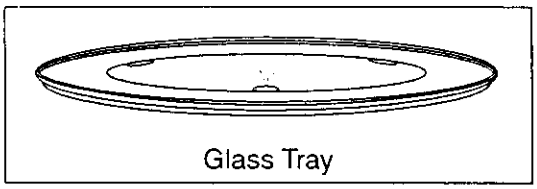
Operation & Hints

**NOTE:**

1. If the oven door is not opened after the completion of preheating, the oven will maintain the selected temperature for 30 minutes. After 30 minutes, the oven will shut off automatically and revert to the time of day.
2. If preheating is not required for the food you are cooking, eliminate step 2.
3. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
4. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then counts down by minutes and seconds.
5. If Stop/Reset pad is pressed twice after preheating, when the cooking time is entered the oven will operate by micro power.

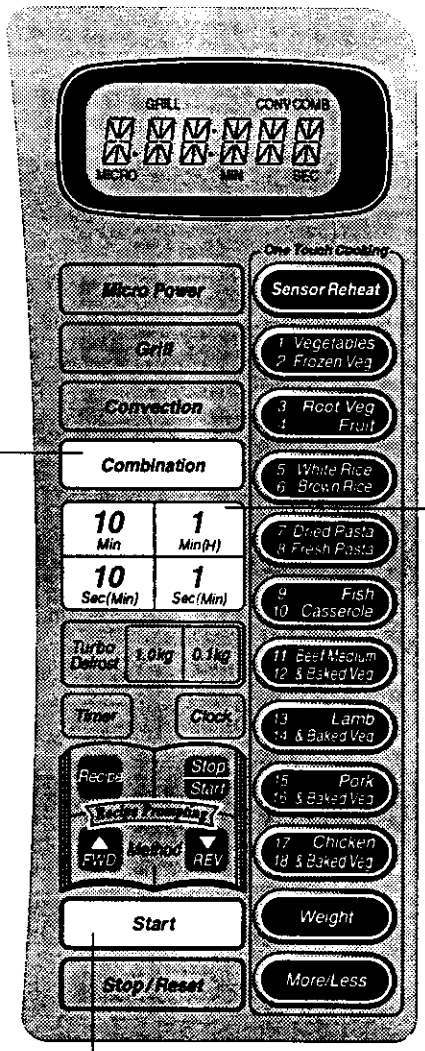
# To Cook on Combination: Convection & Microwave

Use of Accessory:



Glass Tray

There are 6 combination settings.
To select the correct program for particular foods, refer to next page.




## 1 Select Setting

☛ COMB 1-6 and the program temperature appears on the screen.

## 2 Set Cooking Time

(up to 9 hours and 99 minutes)
10 min becomes inoperable
1 min becomes 1 hour
10 sec becomes 10 min,
1 sec becomes 1 min.

## 3 Press

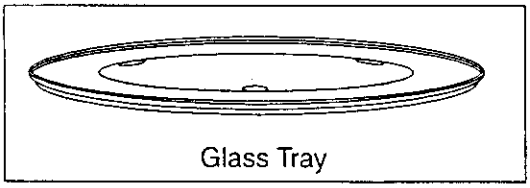
☛ Cooking will start.

**NOTE:**

1. When selected cooking time is less than one hour, the time counts down by minutes and seconds.
2. When selected cooking time is more than one hour, the time counts down by hours and minutes until only "1H 00 (1 hour)" remains. The display then indicates counts down by minutes and seconds.

# To Reheat / Cook by One Touch Cooking

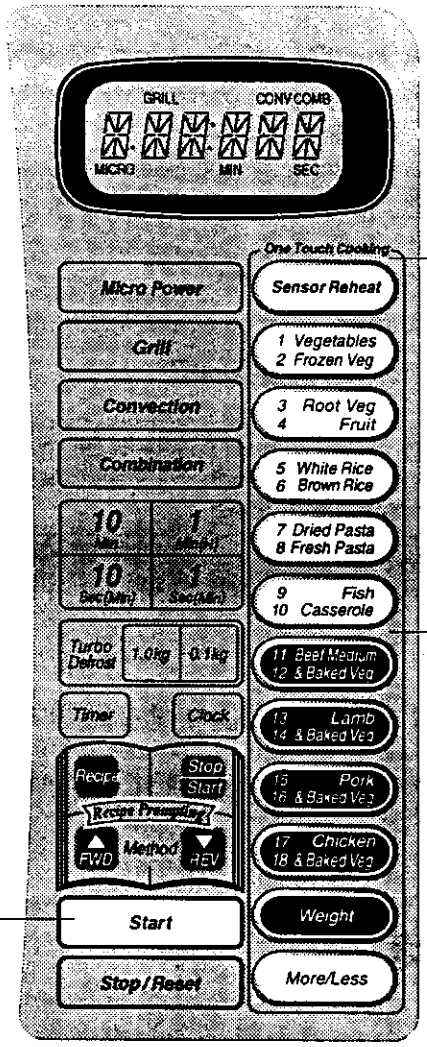
Use of Accessory:



Glass Tray

## Sensor Reheat/Cook

This feature allows you to reheat/cook most of your favourite foods without having to select cooking times and power levels. The oven does it all automatically.




## 1 Press

To select the lower food category, press twice. e.g.

*1 Vegetables*
*2 Frozen Veg*

Press twice for Frozen Vegetables.

Category and "PRESS START" appears in the display window.

**More/Less Pad**
Preferences for food doneness vary with each individual. After having used One Touch Cooking a few times, you may decide you would prefer your food cooked to a different doneness. By using the More/Less Pad, the programmes can be adjusted to cook food for a longer or shorter time.
1 tap: More cooking
2 taps: Less cooking
3 taps: Standard cooking
Press More/Less Pad after selecting category and before pressing Start Pad.

## 2 Press

☛After the burst of steam is detected by the SENSOR, the remaining cooking time appears in the display and begins to count down.

**For best results, follow these recommendations:**

1. The One Touch Sensor Cooking works by detecting the amount of steam generated by the food being cooked. From this steam generated, the oven then calculates the remaining cooking time.
2. When an Auto Programme has been selected, the category will appear in the display window.
3. The door should not be opened before the time appears in the display window.
4. When cooking time is longer than 60 minutes, the time will appear in hours and minutes.
5. Do not use plastic dishes as a secure seal cannot be achieved and inaccurate results may occur.
6. If the oven has been previously used on CONVECTION, COMBINATION or GRILL, and it is too hot to be used on a Sensor Program, a "HOT" will appear in the display window. The cooking fan will operate to cool the oven rapidly. After the "HOT" disappears, the programm may be used. If you are in a hurry, cool food manually i.e. select Micro Power Level and cooking time yourself.

# To Cook on Combination: Convection & Microwave

Combination cooking is ideal for roasting meats, poultry and cooking cakes, pastries and slices. Combination cooking automatically alternates between Convection and Microwave heating.

The advantage of Combination cooking is that it gives you the browning of Convection and often shortens the conventional cooking time. Time is also reduced as preheating not required.

When cooking by Combination, place dishes to be cooked on the Glass Tray. When roasting meat, the roasts may be placed on a microwave-safe and heatproof dish on Glass Tray.

To calculate cooking time start by cooking for approximately $^2/_3$ of the conventional cooking time and add additional time if required. For examples of recipes and cooking times, consult recipes in the recipe section.

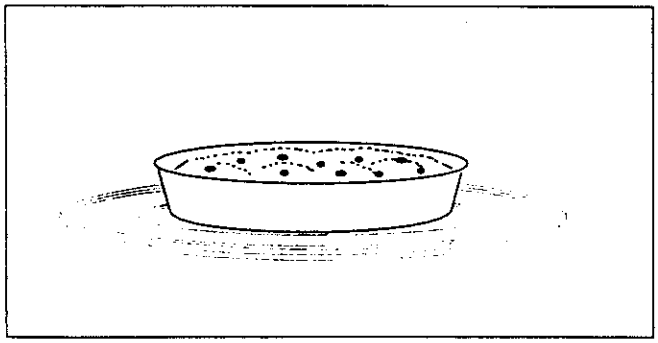
## Examples of Foods to Cook by Combination Mode

| Combination Setting | Foods Suitable | Oven Temperature | Micro Power Level |
|---|---|---|---|
| COMB 1 | Casseroles, pot roasts, meat loaves, corned meat | 150°C | MEDIUM - LOW |
| COMB 2 | Quiche, baked custards, rice pudding | 160°C | LOW |
| COMB 3 | Cakes, self saucing pudding, layered slices, apple pie | 180°C | MEDIUM |
| COMB 4 | Singe layer slice, light cakes, roast lamb | 190°C | MEDIUM - LOW |
| COMB 5 | Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken pieces casseroles, lasagne, reheating sweet/savoury pies, reheating muffins | 200°C | MEDIUM - LOW |
| COMB 6 | Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants | 230°C | LOW |



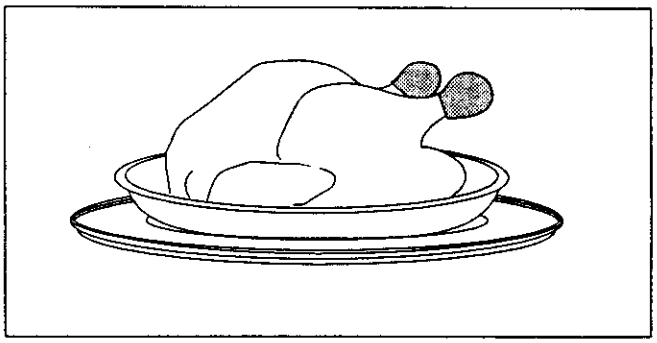
Ovenproof cookware, including glass is suitable for use on Combination cooking. Cakes, slices, desserts etc. may be cooking in metal cookware providing there is suitable quantity of food to be absorbed by the microwave heat. For example, do not place a small amount of food in a large metallic dish as arcing may occur.

Use of Accessory:



Cakes, slices, desserts, etc. may be cooked in metal cookware. Do not place a small amount of food in a large metallic dish as arcing may occur.

Use of Accessory:



For roast chicken, chicken pieces, roast beef, lamb and pork.

## SENSOR REHEAT (200 g - 1.2 kg)

- All foods must be pre-cooked.
- Foods should be at room or refrigerated temperatures.
- Stirrable foods are recommended.
- Place in a suitably sized dish (approximately 3/4 full).
- Dish should be covered with plastic wrap or a fitting lid.
- Stir food after removal from oven.
- Allow 2 to 3 minutes standing time.
- Do not reheat in foil or plastic containers.

## 1. VEGETABLES (125 g - 1.0 kg)

## 2. FROZEN VEGETABLES (125 g - 1.0 kg)

- Place in a suitably sized dish and cover with plastic wrap or a fitting lid.
- Larger vegetables are placed in a single layer and select a shallow dish for these.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear slightly dehydrated or a softer texture is desired.
- Do not add salt before cooking.
- At the completion of cooking, stir larger quantities and allow to stand for 2 to 3 minutes.

## 3. ROOT VEGETABLES (125 g - 1.0 kg)

- Vegetables should be trimmed, prepared and cut into even sized pieces.
- Add 1 tablespoon to 1/4 cup of water if vegetables appear sightly dehydrated or a softer texture is desired.
- Place in a suitably sized dish and cover dish with plastic wrap or a fitting lid.
- If desired, butter, herbs etc. may be added but do not add salt until the completion of cooking.

## 4. FRUIT (125 g - 2.0 kg)

- The addition of water and sugar is optional as most fruit will yield juice as it cooks.
- If liquid is required to produce a softer result, add approximately 1/4 cup per 250 g.
- A sugar syrup may be made by combining 1/4 cup of caster sugar with 1/2 cup of water and cooking on HIGH for 2 to 3 minutes, stirring once to dissolve.
- Place prepared fruit to be cooked in an appropriately sized dish and cover with plastic wrap or a fitting lid.

## 5. WHITE RICE (100 g · 1/2 cup - 600 g · 3 cup)

- Use a larger sized dish to prevent rice from boiling over.
- Use cold water at a ratio of:
  1/2 cup rice / 1 cup water
  1 cup rice / 1 1/2 cups water
  2 cup rice / 3 cups water
- Cover with plastic wrap or a fitting lid.
- When the cooking time appears in the display window, remove plastic wrap or lid.
- At the completion of cooking, allow 5-10 minutes standing time.

## 6. BROWN RICE (200 g - 500g)

- Suitable for cooking brown rice.
- Place rice with water in a suitable dish. We recommend the following proportions of rice to cold tap water. (Always use cold tap water when cooking rice by One Touch Cooking.):
  1 cup rice with 3 cups water in 3 litre dish
  1 1/2 cup rice with 4 cups water in 3 litre dish
  2 cup rice with 5 cups water in 4.5 litre dish
  2 1/2 cup rice with 6 cups water in 4.5 litre dish
  It may be necessary to adjust the water to your personal preference.
- Using a large sized dish will prevent the rice from boiling over.
- Do not cook rice in plastic dishes as incorrect cooking times may result.
- Cover dish securely with plastic wrap or well fitted lid.
- Halfway through cooking, the oven will "BEEP". Stir. Remove the plastic wrap or lid. There is no need to cover the rice again.
- At the completion of cooking time. Stir. Re-cover and let stand 10 to 15 minutes.

## 7. DRIED PASTA (125 g - 500g)

- Suitable for cooking dried pasta.
- Place pasta and water in a large size dish to prevent from boiling over.
- Use boiling water at the ratio of,
  125 g pasta/3 cups water 250 g pasta/4 cups water
  375 g pasta/6 cups water 400 g pasta/7 cups water
  500 g pasta/8 cups water
  add 1 teaspoon of oil, if desired, before cooking to prevent the pasta from sticking together.
- Cover with plastic wrap or a fitting lid.
- When the cooking time is displayed, remove the cover.
- Stand for 5-10 minutes at the completion of cooking time.

## 8. FRESH PASTA (125 g - 500g)

- Suitable for cooking fresh pasta such as fettuccine, tagliatelle etc.
- Place pasta in an appropriate sized dish with hot tap water. Use the following as a guide:
- Stand for 5-10 minutes at the completion of cooking time.

| | | |
|---|---|---|
| 150 g pasta | 4 cups hot tap water | 3 litre dish |
| 250 g pasta | 5 cups hot tap water | 3 litre dish |
| 350 g pasta | 6 cups hot tap water | 4 litre dish |
| 500 g pasta | 8 cups hot tap water | 4 litre dish |

- Add 1 tablespoon of oil, if desired, before cooking to prevent pasta from sticking together.
- Cover dish with plastic wrap or well fitted lid.
- At the end of the cooking time, cover, and let stand for 5 to 10 minutes, if required, before draining.

## 9. FISH (250 g - 1.0 kg)

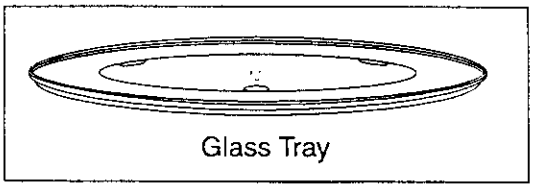
- Suitable for cooking whole fish, fish fillets and cutlets.
- Select fish suitable for microwave cooking and place skin side down in a shallow dish.
- Overlap thin ends of fillets to prevent overcooking.
- Cover dish with plastic wrap a fitting lid.
- Allow larger quantities of fish to stand for 3 to 5 minutes at the completion of cooking.
- For dense pieces of fish, slightly extra cooking time should be allowed by pressing "MORE" pad.

## 10. CASSEROLE(500 g - 2.5 kg)

- Select less tender cuts of meat as these will produce the best results.
- Cut meat and vegetables into even sized pieces.
- Place into a suitably sized dish (approx. 3/4 full).
- Add approximately 1/2 to 1 cup of stock or soup per 500 g meat.
- Ensure that a casserole dish with a lid is used. DO NOT USE PLASTIC WRAP, as the heater could melt the wrap.

# To Reheat / Cook by One Touch Cooking

Use of Accessory:

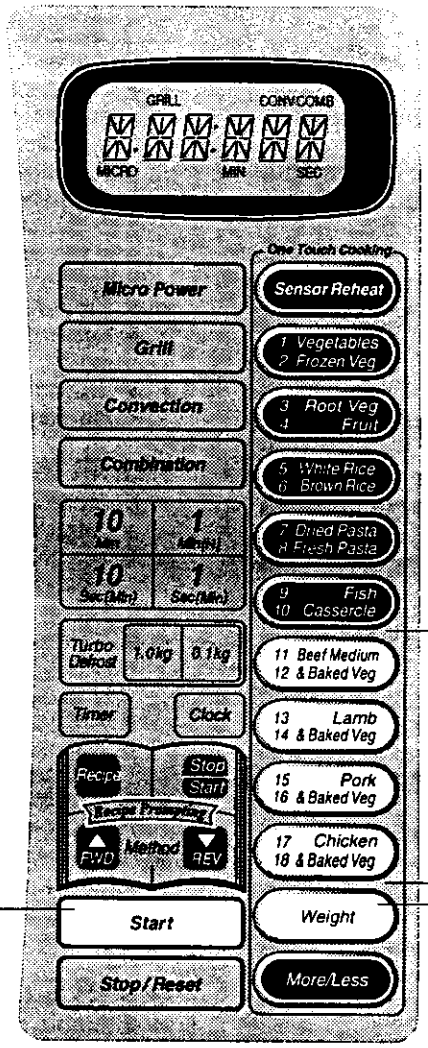


Glass Tray

**(Category 11-18)**

## Weight Cook

This feature allows you to cook most of your favourite foods by setting the weight.




## 1 Press

To select the lower food category, press twice.

e.g. 11 Beef Medium 12 & Baked Veg

Press twice for Beef Medium & Baked Vegetables.

☛ Category and "SET WEIGHT" appear in the display window.

## 2 Select Weight

## 3 Press

☛ Cooking time appears in the display window and begins to count down.

During cooking, the oven will beep and scroll "TURN OVER" to signal that the food needs to be turned or re-arranged.

**NOTE:**

1. These settings are cooked by Combination (Convection, Grill and Microwave).
2. When the weight has been entered, the cooking times will be determined.
3. When using settings 12, 14, 16 and 18, enter the weight of the meat only.
   If potatoes are not sufficiently crispened at the completion of cooking, remove roast from oven and leave potatoes on the rack. Program Grill 1 for 10minutes (It is not necessary to preheat).
4. Roasts weighing above or below the recommended weights should be cooked by manual combination (see page 18).

## 11. BEEF MEDIUM (1000, 1300, 1500, 1800 g)

- Select roasts that are even in shape, if not, tie roasts with string to aid with even cooking.
- Place the beef fat side down on an oven/microwave safe dish, and place on Glass Tray.
- Turn the beef approximately halfway through cooking time.
- At the completion of cooking, wrap in aluminium foil and allow to stand for 10-15 minutes before carving.

## 12. BEEF MEDIUM AND BAKED VEGETABLES (1000, 1300, 1500, 1800 g (meat only))

- Select roasts that are even in shape, if not, tie roasts with string, to aid in even cooking.
- Place beef fat side up on an oven/microwave safe dish, and place on Glass Tray.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.1 kg, position potatoes around the outside. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- There is no need to turn the meat or vegetables during the cook time. Vegetables may require basting halfway through the cooking time.
- At the completion of the cooking time, wrap the beef in aluminium foil and allow to stand for 10-15 minutes before carving.

## 13. LAMB (1000, 1300, 1500, 1800 g)

- Place the lamb fat side down on an oven/microwave safe dish, and place on Glass Tray.
- Turn the lamb over approximately halfway through cooking time.
- At the completion of the cooking time, wrap the meat in aluminium foil and allow to stand for 10-15 minutes before carving.
- Boneless roasts may require an additional 5-10 minutes cooking time: Micro Power MEDIUM.

## 14. LAMB AND BAKED VEGETABLES (1000, 1300, 1500, 1800 g (meat only))

- Place lamb fat side up on an oven/microwave safe dish, and place on Glass Tray.
- Cut vegetables into even sized pieces.
- For roasts weighing more than 1.4 kg or less, position all vegetables around the outside. Brush with melted butter oil.
- For roasts weighing more than 1.4 kg place potatoes around the outside, Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time is complete.
- At the completion of the cooking time, wrap the lamb in aluminium foil and allow to stand for 10 minutes before carving.

## 15. PORK (1000, 1300, 1500, 1800 g)

- Select roasts that are uniform in shape, if not, tie roasts with string, to aid with even cooking.
- Place the pork crackling side up on an oven/microwave safe dish, and place on Glass Tray.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- There is no need to turn the pork during the cooking time.
- At the completion of cooking time, wrap the pork in aluminium foil and allow to stand for 10-15 minutes before carving.

## 16. PORK AND BAKED VEGETABLES (1000, 1300, 1500, 1800 g (meat only))

- Select roasts that are uniform in shape, as this will produce the most evenly cooked result.
- Place crackling side up on an oven/microwave safe dish, and place on Glass Tray.
- For crispy crackling, score rind, brush with oil and sprinkle with salt.
- Prepare vegetables and cut into even sized pieces.
- For roasts weighing 1.2 kg or less, place all vegetables around the outside. Brush with melted butter or oil.
- For roasts weighing more over 1.2 kg, place potatoes around the outside. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking.
- There in no need to turn the meat or vegetables during the cook time. Potato may require additional basting halfway through cooking time.

## 17. CHICKEN (1300, 1500, 1800, 2000 g)

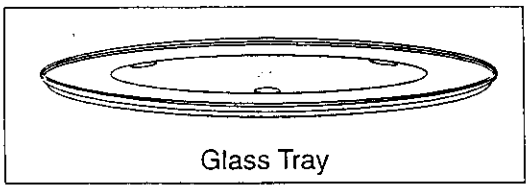
- To keep poultry in shape during cooking, truss or tie the legs of the bird together.
- Place the chicken breast side up on an oven/microwave safe dish, and place on Glass Tray.
- If desired, brush the chicken with oil or melted butter and sprinkle with herbs.
- There is no need to turn the chicken during the cooking time. If desired, baste the chicken halfway through cooking.
- At the completion of cooking, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

## 18. CHICKEN AND BAKED VEGETABLES (1300, 1500, 1800 g 2000 g (meat only))

- To keep poultry in shape during cooking, truss or tie the legs of the bird together. Brush with melted butter and sprinkle with herbs if desired.
- Place the chicken breast side up on an oven/microwave safe dish, and place on Glass Tray.
- Prepare the vegetables into even sized pieces.
- Place potatoes around the outside. Brush with melted butter or oil. Add softer vegetables such as pumpkin and sweet potato after $^1/_3$ of the cooking time.
- There is no need to turn the chicken or vegetables during the cooking. If desired, baste the chicken and potatoes with melted butter halfway through cooking.
- At the completion of the cooking time, wrap the chicken in aluminium foil and allow to stand for 10-15 minutes before carving.

# To Defrost

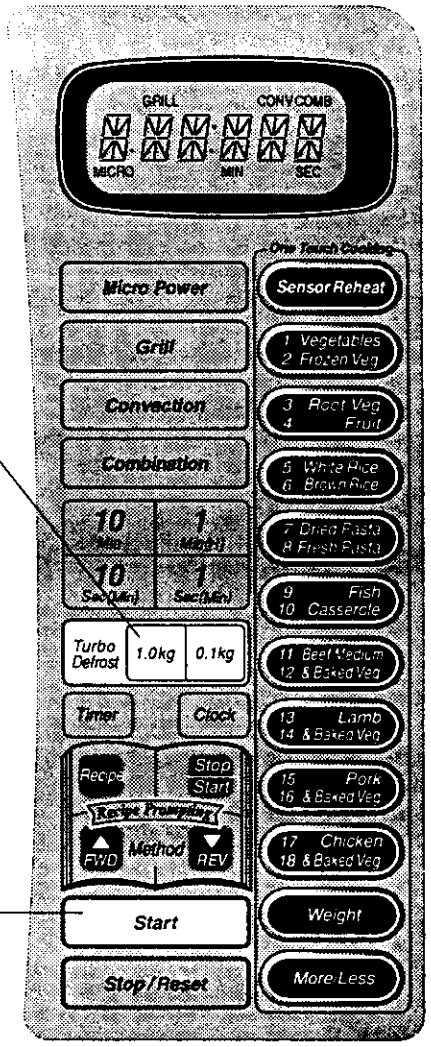
Use of Accessory:



Glass Tray

## ◆ Turbo Defrost

This feature allows you to defrost meat, poultry and seafood by weight.




## 1 Set Weight

Weight must be programmed in kilograms and tenths of a kilogram.

The shape and size of the food will determine the maximum weight the oven can accommodate. The recommended maximum weight of food is 3 kg and the minimum weight is 0.1 kg.

## 2 Press

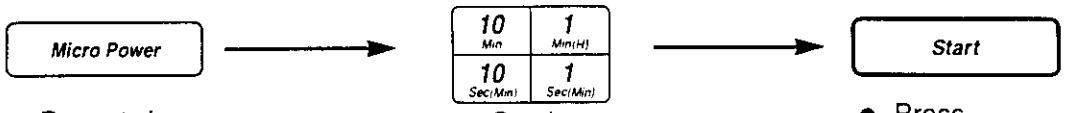
☛ Defrosting time appears in the display window and begins to count down.

**NOTES:**

1. Stand time or power level may be programmed after Turbo Defrost. (See page 27)
2. For further information on Turbo Defrost, refer to next page.

# To Defrost

## ◆ Defrost by Setting Time




- Press twice.
- Set time.
- Press.

## Preparation for Freezing:

1. Heavy-duty plastic wraps and bags, and freezer wraps are suitable.
2. Freeze meat, poultry and fish in packages with only 1 or 2 layers of food. To aid in separating layers, place two pieces of wax paper between them.
3. REMOVE ALL AIR and seal securely.
4. LABEL package with type and cut of meat, date and weight.
5. Defrosting times given in the charts are for thoroughly frozen foods (i.e. at least 24 hours in freezer maintained at -18°C or lower).

## Defrosting Technique:

1. Remove from wrapper and set on a roasting rack in a dish on Glass Tray.
2. **On Turbo Defrost**, the oven will beep after one third and two thirds of the defrosting time has elapsed.
   At the first beep: Turn over all meat, poultry, fish and shellfish. Remove defrosted minced meat, stewing meat, poultry pieces or prawns etc. Shield thin ends of roasts or poultry legs and wings with foil.
   At the second beep: Turn over roasts or whole poultry. Break apart stewing meat, chicken pieces and minced meat. Separate chops and hamburger patties. Remove defrosted minced meat, stewing meat or poultry pieces. Shield ends of roasts, fat or bones with foil.
3. After defrosting: Large roasts may still be icy in the centre. Allow to stand 15 to 30 minutes in refrigerator to completely defrost.

## Defrosting Chart (by setting time):

| Food | Approx. Time | Instruction |
|---|---|---|
| **MEAT** | | |
| Beef | | |
| minced beef | 8 - 11 | Turn meat over two or three times during defrosting. |
| roast: topside | 12 - 15 | |
| beef tenderloin | 12 - 15 | Halfway through the defrost cycle break apart minced beef, separate chops and remove meat that is defrosted. |
| chuck or rump | 10 - 13 | |
| sirloin, rolled | 11 - 14 | |
| steak | 8 - 10 | Shield edges and unevenly shaped ends of roasts halfway through the defrost cycle. |
| miscellaneous | 8 - 12 | |
| Pork/Lamb | | |
| roast | 9 - 12 | Large roasts may still be icy in the centre. Allow to stand. |
| chops | 8 - 11 | |
| ribs | 8 - 12 | |
| **POULTRY** | | Turn poultry over two to four times during defrosting. Halfway through the defrost cycle shield end of drumstick, wings, breast bones, and ends of poultry with foil. |
| Chicken | | |
| whole | 9 - 12 | |
| pieces | 8 - 11 | |
| fillets | 8 - 10 | Break apart chicken pieces and remove small pieces such as wings, that may defrost before larger pieces. |
| Duck | 10 - 12 | |
| Turkey | 10 - 13 | |
| | | Rinse poultry under cold water to remove ice crystals. Allow to stand for 5 to 10 minutes before cooking. |
| **FISH & SHELLFISH** | | |
| Fish fillets | 9 - 11 | Halfway through the defrost cycle, turn whole fish or blocks of fillets over. Also, break apart prawns or scallops. Remove any pieces that are defrosted. |
| Whole fish | 9 - 12 | |
| Crabmeat | 8 - 10 | |
| Lobster tails | 8 - 10 | |
| Sea scallops | 8 - 10 | Allow to stand 5 to 10 minutes before cooking. |
| Green prawns | 10 - 12 | |

# To Use Recipe Prompting

Recipe Prompting helps you to cook by following the methods in the display window.
40 recipes are programmed. (Refer to the next page.)

## 1 Press

until the desired recipe appears in the display window.

☛ Recipes are arranged alphabetically. The first time you use Recipe Prompting after plugging your oven in, the first recipe (Apricot Chocolate Chip Muffins) will appear. The next time you press the RECIPE pad, the last recipe you selected will be displayed.

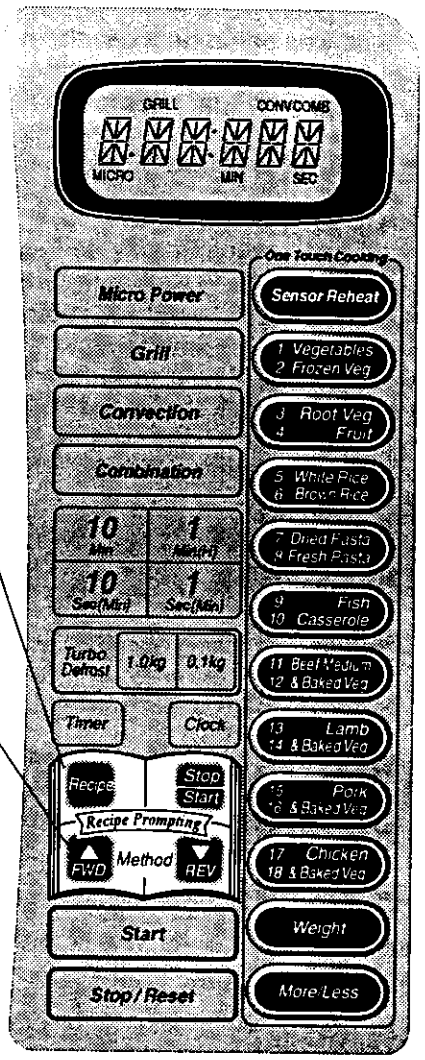
## 2 Press

☛ The first instruction will be scrolled across the display window.

Press for the next instruction.

Press for the previous instruction.

"ENJOY YOUR MEAL" will be scrolled across the display window at the end of each recipe. For detailed information on cooking, please refer to page 14.




| | |
|---|---|
| | One tap: to stop scrolling<br>Two taps: to restart scrolling<br>☛ Use [Start] to commence cooking after selecting a power level and cooking time. |
| Stop/Reset | 1. While instructions are in the display window, colon or time of day will appear in the display window by one tap.<br>2. While setting power or time, previous instruction will appear in the display window by one tap.<br>Two taps make the colon or time of day appear in the display window.<br>3. While cooking, one tap stops the remaining cooking time to count down. The next instruction will start scrolling by two taps. |
| Start | Cooking will start by pressing this pad. |

# To Use Recipe Prompting

**NOTE:**
Throughout Recipe Prompting, the oven will instruct you to set the cooking time and power level at each stage of the recipe. Set the instructed power level and cooking time using the Micro Power pad and Time pads. These settings are a guide only. If you wish to change, the oven can accept a different power level and cooking time.
For further information about cooking any of these recipes, refer to the cooking guide section.

The following recipes are programmed in Recipe Prompting:

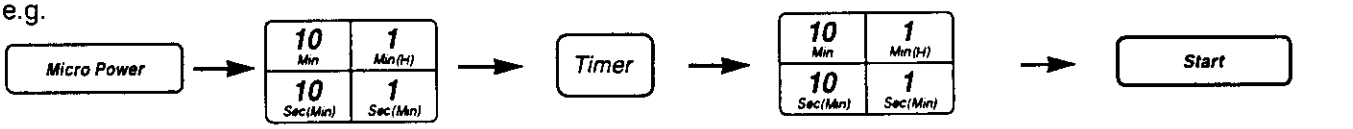
| Recipe | Page | Recipe | Page |
|---|---|---|---|
| 1. Apricot Chocolate Chip Muffins | 81 | 21. Honey Sesame Drumsticks | 63 |
| 2. Apricot Honey Slice | 84 | 22. Lemon Pepper Fish | 46 |
| 3. Apricot Nectar Chicken | 65 | 23. Mini Baked Potatoes | 71 |
| 4. Caramel Sauce | 90 | 24. Peach Crumble | 89 |
| 5. Cheese and Ham Filled Potatoes | 71 | 25. Pepper Pot Beef | 56 |
| 6. Cheese Sauce | 91 | 26. Pineapple Slice | 87 |
| 7. Chicken and Mushroom Pasta Sauce | 78 | 27. Potato Casserole | 72 |
| 8. Chicken Cacciatore | 64 | 28. Potato Wedges | 73 |
| 9. Chicken Curry | 63 | 29. Pumpkin Soup | 38 |
| 10. Chicken Risotto | 77 | 30. Rich Chocolate Sauce | 90 |
| 11. Chilli Beef | 55 | 31. Roast Herb Chicken | 60 |
| 12. Chinese Beef and Vegetables | 53 | 32. Seasoned Rice | 76 |
| 13. Chocolate Brownies | 83 | 33. Seasoned Roast Lamb | 55 |
| 14. Chocolate Fudge | 84 | 34. Soy Chicken and Vegetables | 63 |
| 15. Creamy Bacon Sauce | 91 | 35. Spaghetti Meat Sauce | 91 |
| 16. Fragrant Coconut Rice | 75 | 36. Speedy Chocolate Bit Slice | 85 |
| 17. French Onion Beef Casserole | 54 | 37. Sweet Berry Sauce | 90 |
| 18. Garlic Prawns | 48 | 38. Tomato Bacon Soup | 37 |
| 19. Gingered Whole Fish | 48 | 39. Tomato Vegetable Casserole | 73 |
| 20. Herbed Vegetables | 70 | 40. Vegetable Curry | 71 |



# To Set Standing Time

Using the Timer Pad, you can programm 1) a Stand Time after cooking is completed or 2) a minute timer.

e.g.




- Select the desired cooking program.
- Press Timer Pad.
- Set the desired amount of time. (up to 99 minutes 99 seconds)
- Press Start Pad.

**NOTE:**
1. Three stage cooking can be programmed including a Stand Time.
2. If the oven door is opened during the Stand Time, the time in the display window will continue to count down.
3. This feature may also be used as a timer. In this case, eliminate first step.

# Before Requesting Service

| ALL THESE THINGS ARE NORMAL: | |
|---|---|
| The oven causes interference with my TV. | Some radio and TV interference might occur when you cook with the microwave oven. This interference is similar to the interference caused by small appliances such as mixers, vacuums, hair dryer, etc. It does not indicate a problem with your oven. |
| The oven lights dim. | When cooking with a power other than HIGH, the oven must cycle to obtain the lower power levels. The oven light will dim and clicking noises can be heard when the oven cycles. |
| Steam accumulates on the oven door and warm air comes from the oven vents. | During cooking, steam and warm air are given off from the food. Most of the steam and warm air are removed from the oven by the air which circulates in the oven cavity. However, some steam will condense on cooler surfaces such as the oven door. This is normal. |
| I accidentally ran my microwave oven without any food in it. | Running the oven empty for a short time will not damage the oven. However, we do not recommend this to be done. |
| There are humming and clicking noises from my oven when I cook by Combination. | These noises occur as the oven automatically switches from microwave power to Convection/Grill, to create the Combination setting. This is normal. |
| The oven has an odour and generates smoke when using the Convection, Combination and Grill function. | It is essential that your oven is wiped out regularly particularly after cooking. Any fat and grease that builds up on the roof and walls of the oven will begin to smoke if not cleaned. |

| PROBLEM | POSSIBLE CAUSE | REMEDY |
|---|---|---|
| Oven will not turn on. → | The oven is not plugged in securely. | Remove plug from outlet, wait 10 seconds and re-insert. |
| | Circuit breaker or fuse is tripped or blown. | Reset circuit breaker or replace fuse. |
| | There is a problem with the outlet. | Plug another appliance into the outlet to check if the outlet is working. |
| Oven will not start cooking. → | The door is not closed completely. | Close the oven door securely. |
| | Start pad was not pressed after programming. | Press Start pad. |
| | Another program has already been entered into the oven. | Press Stop/Reset pad to cancel the previous program and program again. |
| | The program has not been entered correctly. | Program again according to the Operating Instructions. |
| | Stop/Reset pad has been pressed accidentally. | Program oven again. |
| The words "DEMO MODE"* appear on the screen. → | Clock pad has been pressed three times. | Deactivate mode by pressing Clock pad three times. |
| When the oven is turning on, there is noise coming from Glass Tray. → | Roller Ring and oven bottom are dirty. | Clean these parts according to Care of Your Oven (see next page). |

* DEMO MODE is designed for retail store display.
Cooking and other functions will not operate during demo mode.

If it seems there is a problem with the oven, contact an authorised Service Centre.

# *Care of Your Microwave Oven*

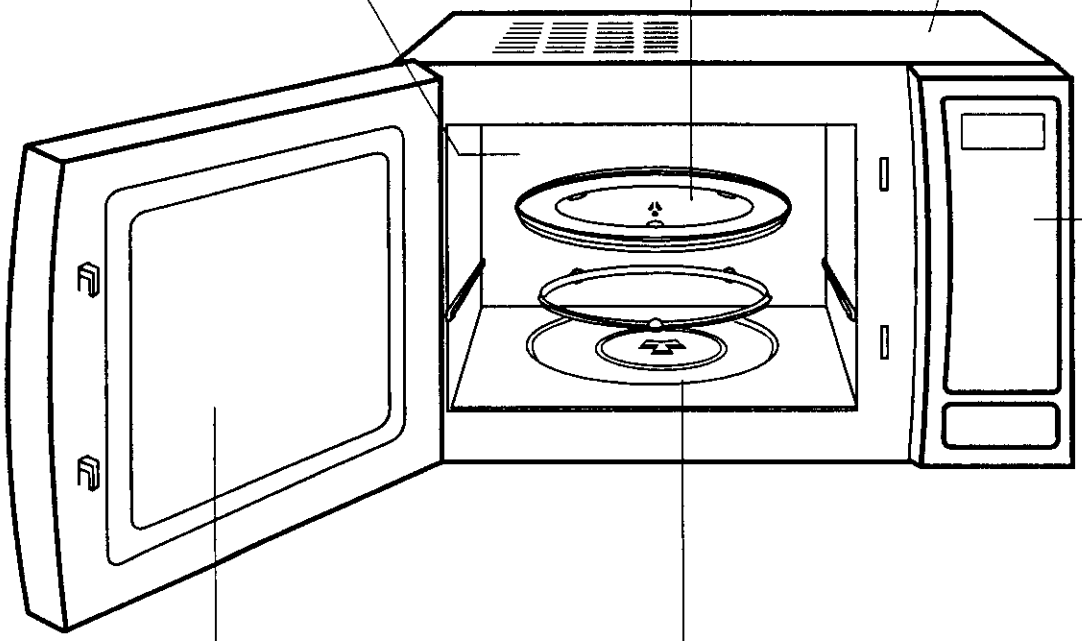
**BEFORE CLEANING:**
Unplug at socket of the oven. If impossible, leave oven door open to prevent oven from accidentally turning on.

**AFTER CLEANING:**
Be sure to replace Roller Ring and Glass Tray in the proper position and press Stop/Reset Pad to clear the display window.

**Inside of the oven:**
Wipe with a damp cloth. Mild detergent may be used if the oven gets very dirty. The use of harsh detergent or abrasives is not recommended. Do not use oven cleaners on the top of the oven.

**Glass Tray:**
Remove and wash in warm soapy water or in a dishwasher. If grease accumulates, clean with a non-abrasive nylon mesh scouring pad and non-abrasive cleaners.

**Outside oven surfaces and rear vents:**
Clean with a damp cloth. To prevent from damage to the operating parts inside the oven, water should not be allowed to seep into ventilation openings.



**Control Panel:**
If the control panel becomes wet, clean with a soft, dry cloth. Do not use harsh detergents or abrasives on the control panel.

**Oven Door:**
Wipe with a soft cloth when steam accumulates inside or around the outside of the oven door. This may occur when the oven is operated under high humidity conditions and in no way indicates a malfunction of the unit or microwave leakage.

**The roller ring and oven cavity floor:**
Wipe the bottom surface of the oven with mild detergent water or window cleaner and dry. The roller ring may be washed in mild soapy water or dishwasher. These areas should be kept clean to avoid excessive noise.

After GRILL or COMBINATION cooking, the oven should be cleaned with a soft cloth squeezed in soapy water. If the oven is not cleaned occasionally to eliminate this grease, it can accumulate and cause the oven to "SMOKE" during use. To avoid smoking, run the oven without food on CONVECTION 250°C for 20 minutes.

# Microwave Recipe Preparation and Techniques

Microwaves penetrate the surface of the food to a depth of about two to three centimeters and then the heat is gradually conducted in a random pattern. Some parts of food matter cook faster than others. Special microwaving techniques are used to promote fast and even cooking. Some of these techniques are similar to those used in conventional cooking, but because microwaves produce heat very quickly they are extremely important. It's a must to be familiar with the following tips.

## Food Characteristics

**Size and Quantity**
Small portions cook faster than large portions.
As you increase the quantity of food you put into the microwave oven, you must also increase your cooking time. The microwave oven has only the same power regardless of quantity; thus the power is divided between more items and so it takes longer to cook.
As a general guide, if you double the quantity of food suggested in the recipe, add half the time suggested again.

**Liquid Content**
Low moisture foods take a shorter time to cook than foods with a lot of moisture.

**Shape**
Uniform sizes cook more evenly. To compensate for irregular shapes, place thin pieces towards the centre of the dish and thicker pieces towards the outer edge of the dish.

**Bone and Fat**
Bones conduct heat and cause the meat next to them to be heated more quickly. Large amounts of fat absorb microwave energy and meat next to these areas may overcook.

**Starting Temperature**
Food which has been sitting at room temperature takes less time to cook than refrigerated or frozen food.

**Density and Composition**
Porous, airy foods (cakes and breads) take less time to cook than heavy compact foods (meat and vegetables). Recipes high in fat and sugar content cook more quickly.

## Key to Symbols Used in Recipes

| | |
|---|---|
| C | Convection |
| G | Grill |
| MC | Manual Combination |
| A | One Touch cooking |
| R | Recipe Prompting |
| No symbol | Microwave only |

## Techniques for Preparation

**Timing**
A range of cooking times is given in each recipe for two reasons. Firstly, to allow for the uncontrollable differences in food shapes, starting temperatures and personal preferences. Secondly, these allow for the differences in electrical voltage input which changes during peak load periods. Always remember that it is easier to add time to undercooked food. Once the food is overcooked, nothing can be done. For each recipe, an approximate cooking time is given.

**Stirring**
Stirring is often necessary during microwave cooking. We have noted when stirring is helpful in the recipes. Always bring the outside edges towards the centre and the centre portions to the outside.

**Rearranging or Turning**
Some foods should be turned in the container during cooking. For example, because of the different thicknesses in the breast and back sections of poultry, it is a good idea to turn poultry over once to ensure more even cooking. Rearranging or turning over uneven shaped food in the dish should be done as suggested to ensure a satisfactory result. Rearrange small items such as chicken pieces, prawns, hamburger patties, steak or chops. Rearrange pieces from the centre to the edge of the dish.

**Cooking in Layers**
Cooking in layers is not always successful as it takes twice as long to cook as a single layer and cooking may be uneven. You can successfully reheat two dinner plates of food at one time but remember to increase the reheating time and use a microwave warming rack.

**Piercing of Foods**
Pierce the skin or membrane of foods when cooked whole in the microwave oven. This allows steam to escape. If the skin has not been pierced, food may burst.

**Cured Meats**
Cured meats may overcook in some areas due to the high concentration of salts used in the curing process. So take care when cooking different brands of bacon as cooking times may vary slightly.

### Covering
Covering food minimises the microwave cooking time. Because microwave cooking is done with time and not direct heat, the rate of evaporation cannot be easily controlled. However, this can be corrected by using different materials to cover dishes. Plastic wrap is the best substitute for a lid as it creates a tighter seal and so retains more heat and steam. Wax paper and paper towels hold the heat in, but not the steam. These materials also prevent splattering. Use a paper towel, wax paper or no cover, when steam is not needed for tenderising.

### Browning
Meats and poultry, cooked longer than 10 to 15 minutes, brown from their own fat. Foods cooked for shorter periods of time can be aided with the help of a browning sauce, worcestershire sauce, or soy sauce. Simply brush one of these sauces over meat or poultry before cooking. Baked goods do not need long cooking time and therefore, do not brown. When cakes or cupcakes are iced, no one will notice this visual difference. For cakes or cupcakes, brown sugar can be used in the recipe in place of caster sugar or the surface can be sprinkled with dark spices before baking.

### Standing Time
The moisture molecules continue to vibrate in the food when the microwave oven has turned itself off. After all, the molecules had been vibrating at 2,450,000,000 times per second during cooking. So cooking continues even after the food is no longer being exposed to the microwaves in or outside your microwave oven. Standing time refers to the time it takes (after the microwave time is completed) to allow the interior of the food to finish cooking. The amount of standing time varies with the size and density of the food. In meat cookery the internal temperature will rise between 5°C and 10°C if allowed to stand covered for ten to fifteen minutes. Casseroles and vegetables need a shorter amount of standing time, but this time is necessary to allow foods to complete cooking in the centre without overcooking on the edges. The power level used in microwave cooking also determines the standing time. For example, when using a lower power level the standing time is shorter because of a lower concentration of heat in the food. Foods should always be kept covered while standing in order to retain the heat. If a longer standing time is required (while you cook another food to serve with the first, for instance), cover with aluminium foil.

## Converting Your Favourite Conventional Recipes for Microwave Cooking

When adapting conventional recipes for microwave cooking, reduce the conventional cooking time to one quarter or a third.
e.g. A chicken which takes 1 hour to cook in a moderate oven will take 15 to 20 minutes on a medium power in your microwave oven.
Use similar microwave recipes to help you adapt conventional recipes. Remember it is always best to undercook a recipe and then add an extra minute or two to finish it off.
Here are some other tips that may help:

- Reduce liquids in a conventional recipe by one half to two thirds. e.g. 1 cup (250 ml) should be reduced to $^1/_2$ cup (125 ml).
- Add more thickening such as flour or cornflour to sauces and gravies if you do not reduce the liquid.
- Reduce seasonings slightly in a recipe where ingredients do not have time to simmer by microwave.
- Do not salt meats, poultry or vegetables before cooking otherwise they will toughen and dry out.
- If one ingredient takes longer to cook than the others, precook it in the microwave oven first. Onion, celery and capsicum (green/red peppers) are examples.
- If meat or vegetables are not being browned before cooking, omit any oil or fat that would have been used for browning.
- Reduce leavening agents for cakes by one quarter and increase liquids by one quarter.
- Biscuits require a stiff dough. Increase flour by about 20 percent. Substitute brown sugar for white sugar, and use biscuit recipes that have dark spices or require icing. Because of the short cooking time, biscuits don't have time to brown. Chill dough for half an hour before baking. This produces a crisper biscuit. Bake biscuits on a glass tray lined with greaseproof paper.
- Since microwaves penetrate foods about two centimeters from the top, bottom and sides, mixtures in round shapes and rings cook more evenly. Corners receive more energy and may overcook.
- Items with a lot of water, such as rice or pasta, cook in about the same time as they would on a conventional stove. (Refer to Rice and Pasta chapter.)

Select recipes that convert easily to microwave cooking such as casseroles, stews, baked chicken, fish and vegetable dishes. The results from foods such as grilled meats, cooked soufflés or two-crust pies could be less than satisfactory. Never attempt to deep fry in your microwave oven.

## Reheating by Combination / Grill

Times will vary depending on starting temperature and quantities of food.

| Food | Combination or Grill Setting | Cooking Time (in minutes) |
|---|---|---|
| BREAD & PASTRIES | | |
| Fresh part baked bread rolls | Combination 6 | 10 - 12 |
| Fresh garlic bread | Combination 6 | 8 - 10 |
| Frozen garlic bread | Combination 6 | 10 - 12 |
| Blueberry muffins (4) | Combination 6 | 8 - 10 |
| Jam Donuts (6) | Combination 6 | 6 - 8 |
| Frozen apple pie (500 g) | Combination 6 | 25 - 30 |
| Frozen apricot danish (400 g) | Grill 1 | 15 - 20 |
| Croissants (4) | Grill 1 | 5 - 7 |
| CHICKEN | | |
| Place on Low Rack, place small items on a heat proof plate. | | |
| Chicken kiev (2) | Combination 6 | 20 - 25 |
| Chicken nuggets (325 g) | Combination 6 | 12 - 15 |
| Crumbed chicken pieces (500 g) | Combination 6 | 20 - 25 |
| FROZEN CONVENIENCE FOODS | | |
| Pizza (400 g) | Grill 1 | 10 - 15 |
| Lasagna (400 g) | Combination 6 | 20 - 25 |
| Crumbed fish (350 g) | Combination 6 | 15 - 20 |
| Fish finger (8) | Grill 1 | 6 - 8 |
| Chicken chippies (350 g) | Combination 6 | 20 - 25 |
| Chips (350 g) | Combination 6 | 15 - 20 |
| Potato gems (350 g) | Combination 6 | 10 - 15 |
| Pommes noisettes (325 g) | Combination 6 | 10 - 15 |
| **Frozen pastries, pies and quiches** | | |
| Party meat pies (12) | Combination 6 | 15 - 20 |
| Individual meat pie (4) | Combination 6 | 15 - 20 |
| Sausage rolls (2) | Combination 6 | 10 - 15 |
| Quiche (600 g) | Combination 6 | 15 - 20 |



## Examples of Foods to Cook by Combination Mode

| Combination Setting | Foods Suitable | Oven Temperature | Micro Power Level |
|---|---|---|---|
| COMB 1 | Casseroles, pot roasts, meat loaves, corned meat | 150°C | MEDIUM - LOW |
| COMB 2 | Quiche, baked custards, rice pudding | 160°C | LOW |
| COMB 3 | Cakes, self saucing pudding, layered slices, apple pie | 180°C | MEDIUM |
| COMB 4 | Singe layer slice, light cakes, roast lamb | 190°C | MEDIUM - LOW |
| COMB 5 | Roast pork, roast beef, jacket potato, turkey, duck, garlic bread, chicken pieces casseroles, lasagne, reheating sweet/savoury pies, reheating muffins | 200°C | MEDIUM - LOW |
| COMB 6 | Pastries, bread, grilling sausages and rissoles, whole chicken, chicken pieces, pizzas, reheating croissants | 230°C | LOW |

Cheesy Ham Omelette

## Boiled Egg

Eggs cooked in their shells in a microwave oven can, and often do, explode due to the build up of internal pressure. However, by following the instructions given here, you can boil an egg successfully. Just take care to use foil as instructed below.

**Ingredients:**

| | | |
|---|---|---|
| 1 | egg (medium size) | 1 |
| 1/2 cup | hot water | 125 ml |
| | aluminium foil | |

**Method:**
Wrap egg totally in aluminium foil. There should be no egg showing. Place egg in a 1-cup (250 ml) glass jug with 1/2 cup (125 ml) hot water. Cook on HIGH
— For soft boiled 4 to 5 minutes.
— For hard boiled 5 to 6 minutes.
Allow to stand in the cooking water 2 minutes for soft boiled and 5 minutes for hard boiled before serving.
**Tip:** While microwaving boiled eggs does not save your time, it does save your electricity and, best of all, washing up. All you have to do if you want more than one egg, is use a larger dish, more water (say, two cups) and cook a little longer (an extra 2 to 4 minutes).

## Scrambled Eggs

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 4 | eggs (medium size) | 4 |
| 4 tablespoons | milk | 60 ml |
| | pinch of salt | |

**Method:**
In a 1-litre casserole dish, beat eggs lightly with a whisk. Add milk and salt and whisk until well combined. Cover dish with plastic wrap and cook on MED HIGH for 1 1/2 to 2 minutes. Stir eggs and cook for a further 1 1/2 to 2 minutes. Stand covered for 1 minute before serving.

## Cheesy Ham Omelette

Serves: 1 to 2

**Ingredients:**

| | | |
|---|---|---|
| 3 | eggs, separated | 3 |
| 2 tablespoons | milk | 30 ml |
| | salt and pepper | |
| 1/4 cup | grated cheese | 60 ml |
| 50 g | ham, cut into strips | 50 g |
| 1 | shallot (spring onion), finely sliced butter for greasing | 1 |

**Method:**
Beat egg yolks, with milk and salt and pepper in a bowl. In a separate bowl, beat egg whites until soft peaks form. Gently fold egg whites through yolk mixture with cheese, ham and shallot (spring onion). Place onto a well greased dinner plate.
Cook on MEDIUM for 4 to 5 minutes.
Stand for 2 minutes before folding in half to serve.

## Poached Eggs

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 2 | eggs (medium size) | 2 |
| 1/2 cup | hot tap water | 125 ml |
| | dash of vinegar | |
| | pinch of salt | |

**Method:**
Place one quarter of a cup (60 ml) of water, dash of vinegar and pinch of salt into 2 ramekin dishes or small glass bowls. Cook water on HIGH for 1 1/2 minutes. Break egg into boiling water and with a toothpick pierce egg yolk twice and egg white several times. Cover dish with plastic wrap and cook on MED HIGH for 60 seconds for runny yolks and 1 minute 30 seconds for medium yolks. Stand covered for 1 minute before serving.
**Note:** The size of the egg will alter cooking time.

## Granola Cereal

Makes: approximately 4 cups

**Ingredients:**

| | | |
|---|---|---|
| 2 cups | oats | 500 ml |
| 2/3 cup | chopped nuts | 165 ml |
| 1/3 cup | wheat germ | 85 ml |
| 1/4 cup | brown sugar | 60 ml |
| 1/4 cup | honey | 60 ml |
| 1 teaspoon | vanilla essence | 5 ml |
| 1/3 cup | raisins | 85 ml |
| 1/3 cup | coconut | 85 ml |

**Method:**
Place oats in a 2-litre casserole dish, cook on HIGH for 2 to 3 minutes, stirring twice. Add nuts, wheat germ, and brown sugar. Stir in honey and vanilla. Cook on HIGH for 3 to 5 minutes, stirring twice during cooking. Add raisins and allow to cool, stir to crumble mixture. Store in an airtight container.

## Bacon

Serves: 1 to 2

**Ingredients:**

| | | |
|---|---|---|
| 2 | rashers of bacon | 2 |

**Method:**
Place rashers between two sheets of paper towel on a dinner plate. Cook on HIGH for 2 to 3 minutes.

## Porridge

Serves: 1

**Ingredients:**

| | | |
|---|---|---|
| 1/4 cup | quick cooking oats | 60 ml |
| 2/3 cup | water | 165 ml |
| 1/4 teaspoon | salt | 1 ml |

**Method:**
Combine all ingredients in a breakfast bowl. Cook on HIGH for 1 to 2 minutes, stirring halfway through cooking. Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

## Hot Lemon and Honey Drink

Makes: 1

**Ingredients:**

| | | |
|---|---|---|
| | juice of 1/2 lemon | |
| 1 tablespoon | honey | 15 ml |
| 3/4 cup | water | 190 ml |

**Method:**
Mix all ingredients in a 2-cup (500 ml) heatproof jug. Cook on HIGH for 2 to 3 minutes. Stir well.

## Tea

Serves: 1

**Ingredients:**

| | | |
|---|---|---|
| 3/4 cup | hot tap water | 190 ml |
| 1 | tea bag | 1 |

**Method:**
Pour water into a heatproof cup. Cook on HIGH for 1 to 2 minutes. Submerge tea bag in water. Stand until desired strength is reached. Remove tea bag. Add milk and sugar if desired. Stir.

## Coffee

Serves: 1

**Ingredients:**

| | | |
|---|---|---|
| 3/4 cup | water | 190 ml |
| 1 to 2 teaspoons | instant coffee | 5 to 10 ml |

**Method:**
Pour water into a heatproof cup. Add coffee. Stir. Cook on HIGH for 1 to 2 minutes. Add milk and sugar if desired. Stir.

## Hot Cocoa

Makes: 1 cup (250 ml)

**Ingredients:**

| | | |
|---|---|---|
| 2 teaspoons | cocoa powder | 10 ml |
| 1 teaspoon | sugar | 5 ml |
| 2 tablespoons | water | 30 ml |
| 3/4 cups | milk | 190 ml |

**Method:**
Combine cocoa, sugar and water in a heatproof cup. Cook on HIGH for 10 to 15 seconds. Stir in milk. Cook on MED HIGH for 1 to 2 minutes.

## Muesli

Makes: 4 cups (1 litre)

**Ingredients:**

| | | |
|---|---|---|
| 1/3 cup | honey | 85 ml |
| 2 tablespoons | butter | 30 ml |
| 2 cups | rolled oats | 500 ml |
| 1/2 cup | unprocessed bran | 125 ml |
| 1/2 cup | shredded coconut | 125 ml |
| 1/3 cup | nuts, chopped | 85 ml |
| 1/3 cup | sunflower seeds | 85 ml |
| 1/2 cup | dried mixed fruit | 125 ml |

**Method:**
Warm honey and butter in a large dish on HIGH for 1 to 1 1/2 minutes. Add dry ingredients and mix well. Cook on HIGH for 5 to 6 minutes, stir halfway through cooking. Stir in dried fruit and allow to cool completely before storing in an airtight container.

## Boiled Rice

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | long grain rice | 250 ml |
| 1 1/2 cups | hot tap water | 375 ml |

**Method:**
Place all ingredients in a 3-litre dish. Cook uncovered on HIGH for 10 to 12 minutes. Stand covered for 10 minutes. Drain and serve.
**Tip:** If desired, a dash of salt may be added.

## Boiled Brown Rice

Serves: 3 to 4

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | brown rice | 250 ml |
| 4 cups | boiling water | 1 litre |

**Method:**
Place all ingredients in a 4-litre dish. Cook uncovered on HIGH for 22 to 25 minutes. Stand covered for 10 minutes. Drain and rinse under hot water.
**Tip:** If desired, a dash of salt may be added.

**HINT:**
To reheat pouring custard: Place 600 ml in a litre jug and cook on HIGH for 2 to 3 minutes, stirring once.

## Gravy

Makes: 2 cups (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 2 tablespoons | dripping or pan juices | 30 ml |
| 1 | small onion, finely chopped | 1 |
| 2 tablespoons | flour | 30 ml |
| 1 tablespoon | tomato paste | 15 ml |
| 1 1/2 cups | beef stock | 375 ml |
| | salt and pepper | |

**Method:**
Place dripping or pan juices and onion in a 2-cup (500 ml) jug. Cook on HIGH for 2 minutes. Add flour, tomato paste and half of the beef stock. Stir well and cook on HIGH for 2 minutes. Add remaining stock, stir well and cook on HIGH for a further 2 minutes. Season with salt and pepper. Serve with the meat of your choice.

## Basic White Sauce

Makes: 1 cup (250 ml)

**Ingredients:**

| | | |
|---|---|---|
| 2 tablespoons | butter | 30 ml |
| | salt and white pepper | |
| 2 tablespoons | milk | 30 ml |
| 1 1/4 cups | flour | 210 ml |

**Method:**
Place butter in a 4-cup (1 litre) jug. Cook on HIGH for 30 to 40 seconds. Stir in flour, salt and pepper. Gradually add milk, stirring until smooth. Cook on HIGH for 3 to 4 minutes, stirring twice.
Tip: For cheese sauce, stir in 1/2 cup (125 ml) grated cheese once sauce has thickened.

## Pasta

Serves: 1 to 2

**Ingredients:**

| | | |
|---|---|---|
| 125 g | dried pasta | 125 g |
| 4 cups | hot tap water | 1 litre |

**Method:**
Place pasta and water in a 2 to 3 litre casserole dish. Cook uncovered on HIGH for 6 to 8 minutes. Allow to stand for 3 to 5 minutes before draining.

**HINT:**
To reheat filtered coffee: Keep a jug in the refrigerator for fresh coffee at any time. Reheat 1 mug for 1 1/2 to 2 minutes on HIGH power.

## Vegetable Soup

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | prepared vegetables of your choice (carrots, turnips, celery, etc.) finely chopped | 500 g |
| 1 | onion, chopped | 1 |
| 2 tablespoons | butter | 30 ml |
| 2 tablespoons | plain flour | 30 ml |
| 3 1/2 cups | chicken stock | 875 ml |
| | salt and pepper | |
| 3 tablespoons | parsley, chopped | 45 ml |

**Method:**
Place vegetables, except onion, in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Set aside. Place onion and butter in a 4-cup (1 litre) jug and cook on HIGH for 2 to 3 minutes. Add flour to onion mixture and mix well. Gradually add 1 cup (250 ml) of stock. Stir well. Cook on HIGH for 3 minutes, stirring halfway through cooking. Add remaining stock and onion mixture to vegetables in casserole dish. Cook on HIGH for 12 to 14 minutes. Season with salt and pepper and serve, sprinkled with chopped parsley.

## Baked Custard

Serves: 4 to 5

**Ingredients:**

| | | |
|---|---|---|
| 425 ml | milk | 425 ml |
| 3 | eggs, lightly beaten | 3 |
| 1/4 cup | sugar | 60 ml |
| 1 teaspoon | vanilla essence | 5 ml |
| | pinch ground nutmeg | |

**Method:**
Place milk in a 4-cup (1 litre) glass jug. Cook on HIGH for 2 minutes. Add eggs, sugar and vanilla to milk, whisking all the time. Strain mixture into a 20 cm round dish, sprinkle with nutmeg. Cook on MED LOW for 14 to 16 minutes. Stand covered for 5 minutes before serving.

## Popcorn

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 2 teaspoons | butter | 10 ml |
| 3 tablespoons | popping corn | 45 ml |

**Method:**
Place all ingredients in a loosely twisted oven bag. Place oven bag on an inverted microwave-safe plate. Cook on HIGH for 2 minutes. Remove from bag and serve sprinkled with salt.

## Packet Cake

Serves: 4 to 6

**Ingredients:**
1 packet cake mix (340 g)
ingredients as recommended by manufactures

**Method:**
Mix cake and other ingredients with a metal spoon. DO NOT OVERHEAT. Pour into 20 cm round dish that has been lightly greased and lined. Cook on MEDIUM for 6 to 8 minutes. Stand and allow to cool before removing.

**Variations:**
1 tablespoon (15 ml) jam added to batter before cooking.

Add 1 cup (250 ml) sour cream to batter and half water suggested by manufacturer.

Half a cup (125 ml) chopped nuts, 1/4 cup (60 ml) brown sugar and 1 teaspoon (5 ml) cinnamon. Mix and place on base of cake dish before cooking cake.

2 tablespoons (30 ml) honey and 30 g butter melted in glass jug, cook on HIGH for 30 to 60 seconds. Pour over just baked butter cake. Sprinkle with cinnamon. Serve warm with cream or custard as a dessert or cold with cream as a tea cake.

A quarter of a cup (60 ml) toasted muesli mixed with 1 tablespoon (15 ml) marmalade placed in the base of the dish.

**Tip:** Packet cakes are best mixed by hand as the microwaves will do the aerating.



**HINT:**
When heating 100 g baby food, select HIGH for 15 to 30 seconds, depending on the amount of food or liquid and the starting temperature of it. Test temperature before serving or further heating.

**HINT:**
To remove oven odours, combine 1/2 teaspoon vanilla essence with 1 cup water in a small bowl and heat on HIGH 4 to 5 minutes. Wipe oven interior with a damp cloth.

## Pea and Ham Soup

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 500 g | split peas | 500 g |
| 2 cups | water | 500 ml |
| 500 g | ham or bacon bones | 500 g |
| 1 | bay leaf | 1 |
| 3 cups | water, extra | 750 ml |
| 2 | rashers bacon, rind removed | 2 |
| 1 | medium sized carrot, peeled and diced | 1 |
| 1 | large onion, peeled and diced | 1 |
| 1/2 teaspoon | thyme | 2 ml |
| 6 cups | chicken or bacon stock | 1,5 litre |

**Method:**

Soak peas in 2 cups (500 ml) of water for at least 1 hour. Drain. Place peas and 3 cups (750 ml) of fresh water in a 4-litre casserole dish with bones and bay leaf. Cook covered on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 20 to 25 minutes. Remove meat from bones and set aside. Discard bay leaf. Place bacon between 2 sheets of paper towel on a dinner plate and cook on HIGH for 1 to 2 minutes. Crumble bacon with your fingers. Place meat from bones, carrot and onion in a small dish and cook on HIGH for 2 minutes. Add vegetables, bacon, thyme and stock to split peas. Cook on HIGH for 10 minutes. Reduce power to MEDIUM and cook for a further 15 minutes. Serve hot in individual bowls.

## French Onion Soup G

Serves: 8

**Ingredients:**

| | | |
|---|---|---|
| 30 g | butter | 30 g |
| 750 g | onions, peeled and thinly sliced | 750 g |
| 2 tablespoons | flour | 30 ml |
| 4 cups | beef stock | 1 litre |
| 1/2 cup | white wine | 250 ml |
| | freshly ground black pepper | |
| 1 | small French stick, cut into 12 slices | 1 |
| 125 g | grated Swiss cheese | 125 g |

**Method:**

Place butter in a 3-litre casserole dish. Cook on HIGH for 1 minute. Add onions and cook on HIGH for 6 to 8 minutes. Add flour, stir well and cook on HIGH for 1 minute. Gradually stir in stock, wine and black pepper. Cook on HIGH for a further 10 to 12 minutes. Preheat oven to Grill 1. Place slices of bread on Spatter Shield and Oven Pan and cook for 1 for 1 to 2 minutes. Place bread on top of soup and sprinkle with cheese. Cook on Grill 1 for 2 to 4 minutes or until cheese is melted and is slightly golden.

## Tomato Bacon Soup R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 4 | rashers bacon, chopped | 4 |
| 1 | onion, chopped | 1 |
| 840 g can | tomatoes | 840 g can |
| 2 tablespoons | tomato paste | 30 ml |
| 2 cups | chicken stock | 500 ml |
| 1 teaspoon | oregano | 5 ml |
| | pepper | |

**Method:**

In a 4-litre dish place bacon and onion. Cook on HIGH for 2 to 3 minutes. Add tomatoes, chicken stock, oregano and pepper. Cook on HIGH for 7 to 9 minutes. Stir. Cook on HIGH for 7 to 9 minutes. Puree. Serve in individual bowls.

## Mushroom Soup

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | butter | 15 ml |
| 250 g | mushrooms, sliced | 250 g |
| 1 tablespoon | flour | 15 ml |
| 2 cups | chicken stock | 500 ml |
| 1/4 cup | white wine | 60 ml |
| 1 teaspoon | mustard | 5 ml |
| 1/2 cup | cream | 125 ml |

**Method:**

Place butter and mushrooms in a 2-litre casserole dish. Cover and cook on HIGH for 5 minutes. Add flour, stock, wine, mustard and cream to mushrooms and mix well. Cover and cook on HIGH for 6 to 8 minutes, stirring halfway through cooking. This soup can be puréed if preferred.

## Croutons G

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 2 tablespoons | butter | 30 ml |
| 6 | slices bread, crusts removed | 6 |
| 1 teaspoon | mixed herbs (optional) | 5 ml |

**Method:**

Melt butter on HIGH for 1 minute. Cut bread into 1 cm cubes. Combine melted butter and herbs, pour over bread cubes. Mix well and place on a Tray. Preheat oven to Grill 1. Cook for 5 to 6 minutes, turning halfway through cooking.

Pumpkin Soup

## Pumpkin Soup R

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | pumpkin, chopped and peeled | 1 kg |
| 1 | onion, diced | 1 |
| 2 cups | chicken stock | 500 ml |
| 1 teaspoon | curry powder | 5 ml |
| | pepper | |

**Method:**

Place pumpkin and onion in a 2-litre casserole dish. Cover and cook on HIGH for 15 minutes. Add chicken stock, curry powder and pepper. Cook on HIGH for 15 minutes. Cool slightly. Purée pumpkin and liquid in a blender or food processor. Pour into individual serving dishes and garnish with chives.

**HINT:**
To make croutons by microwave: Remove crusts from 3 slices of bread and cut into cubes. Place in a Pyrex bowl with 1 tablespoon of butter and cook on HIGH for 2 to 3 minutes.

## Potato and Leek Soup

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 4 | large potatoes, peeled, thinly sliced | 4 |
| 1 1/2 cups | thinly sliced leeks | 375 ml |
| 2 teaspoons | dried thyme | 10 ml |
| 2 cups | hot chicken stock | 500 ml |
| 1 tablespoon | flour | 15 ml |
| | salt and pepper | |
| 1 1/2 cups | cream | 375 ml |

**Method:**

Place potatoes, leeks, thyme and chicken stock in a 3-litre casserole dish. Cover and cook on HIGH for 10 to 12 minutes. Cool slightly. Puree potato mixture in a food processor or blender, adding flour, salt, pepper and cream. Return to dish. Cook on MED HIGH for 4 to 6 minutes. Serve hot, in individual bowls.

## Garlic Bread G

Makes: 4

**Ingredients:**

| | | |
|---|---|---|
| 40 g | butter | 40 g |
| 1 teaspoon | minced garlic | 5 ml |
| 1 tablespoon | chopped parsley | 15 ml |
| 2 | bread rolls, halved | |

**Method:**

Combine butter, garlic and parsley in a small bowl. Spread onto halved bread rolls. Preheat oven to Grill 1. Place on the Spatter Shield and Oven Pan and cook for 3 to 4 minutes.

## Crispy Foccacia Fingers G

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | Foccacia bread | 1 |
| 50 g | butter, softened | 50 g |
| 1 tablespoon | mixed herbs | 15 ml |

**Method:**

Cut foccacia through the centre, then cut into 2 cm thick strips and cut each strip in half. Spread foccacia bread with combined butter and herbs. Preheat oven to Grill 1. Place on Spatter Shield and Oven Pan and cook for 4 to 6 minutes or until crisp and browned.

## Potato and Corn Soup

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 6 | rashers bacon, rind removed | 6 |
| 1 | onion, thinly sliced | 1 |
| 500 g | potatoes, peeled and diced | 500 g |
| 4 cups | chicken stock | 1 litre |
| 1 can (440 g) | creamed corn | 1 can (440 g) |
| 2 tablespoons | flour, mixed with a little stock | 30 ml |
| 1/2 teaspoon | thyme | 2 ml |
| | salt and pepper | |

**Method:**
Chop bacon and place in a 4-litre dish. Cook on HIGH for 4 to 6 minutes. Remove bacon from dish, and set aside. Add onion and potatoes to dish and cook on HIGH for 8 to 10 minutes. Add stock and cook on HIGH for a further 8 to 10 minutes. Mix flour with 2 tablespoons of stock and add to dish with corn, thyme and bacon. Cook on HIGH for 4 to 6 minutes. Stir halfway through cooking. Season with salt and pepper.

## Crab and Corn Soup

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | oil | 15 ml |
| 1 | onion, finely chopped | 1 |
| 425 ml | boiling chicken stock | 425 ml |
| 1 can (300 g) | creamed corn | 1 can (300 g) |
| | salt and pepper | |
| 1 can (170 g) | crabmeat, drained | 1 can (170 g |
| 150 ml | milk | 150 ml |
| 3 tablespoons | cream | 45 ml |
| | chopped parsley for garnish | |

**Method:**
Place oil and onion in a 3-litre casserole dish. Cover and cook on HIGH for 2 to 4 minutes. Add chicken stock, corn, salt and pepper. Cook on HIGH for 5 minutes. Add crabmeat and milk and mix well. Cook on HIGH for 3 minutes. Stir in cream and sprinkle with parsley. Serve.

## Macaroni and Cheese G

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 60 g | butter | 60 g |
| 1 | onion, finely chopped | 1 |
| 2 tablespoons | flour | 30 ml |
| 2 cups | milk | 500 ml |
| 1 cup | grated tasty cheese | 250 ml |
| 6 cups | cooked macaroni, drained well | 1,5 litre |
| 1/2 cup | extra grated tasty cheese | 125 ml |
| | paprika | |

Potato and Corn Soup

**Method:**
Place butter and onion in a 2-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add flour, mix well and cook on HIGH for 1 minute. Blend in milk and cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Add cheese and macaroni and pour into a deep 20 cm round dish. Top with extra cheese and sprinkle with paprika. Preheat oven to Grill 1. Cook for 5 to 7 minutes or until cheese starts to melt.

## Mini Quiches C

Makes: 45

**Ingredients:**

| | | |
|---|---|---|
| 3 | sheets ready rolled short crust pastry | 3 |
| 1 | egg, beaten | 1 |
| 1/2 cup | milk | 125 ml |
| 60 g | bacon, rind removed, bacon chopped | 60 g |
| 1 | small onion, finely chopped | 1 |
| | salt and pepper paprika | |

**Method:**
Preheat oven to 180°C. Cut pastry with a scone cutter and fit into 6 cm diameter patty tins. Beat together eggs and milk and add remaining ingredients except paprika. Place a tablespoonful of filling into each case. Sprinkle with paprika. Cook on 180°C for 15 to 20 minutes.

**HINT:**
To reheat single portion of soup: Place in microwave safe dish and cook on HIGH for 2 to 3 minutes, stirring.

## Terrine de Pork

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | pork, cut into 2.5 cm cubes | 1 kg |
| 125 g | pork fat, cut into 2.5 cm cubes | 125 g |
| 1 | egg, lightly beaten | 1 |
| 2 teaspoons | mixed herbs | 10 ml |
| 1 tablespoon | chopped parsley | 15 ml |
| 1 | onion, finely chopped | 1 |
| | freshly ground black pepper | |
| 6 | rashers bacon, rind removed | 6 |

**Method:**

Feed pork and fat gradually into a food processor until finely minced. Combine meat with egg, herbs, parsley, onion and pepper. Line a 2-litre rectangular dish with bacon rashers. Firmly pack meat into bacon lined dish and fold bacon ends over top of meat.

Cook on MED HIGH for 30 to 35 minutes. Stand to cool with a heavy weight on top. Serve cold, sliced, with bread or salad.

## Nachos Supreme G

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | topside mince | 500 g |
| 1 | onion, chopped | 1 |
| 35 g | packet Taco seasoning mix | 35 g |
| 1 can (140 g) | tomato paste | 1 can (140 g) |
| 1 teaspoon | Mexican chilli powder | 5 ml |
| 1 can (310 g) | red kidney beans with liquid | 1 can (310 g) |
| 180 g | packet corn chips | 180 g |
| 1 | avocado | 1 |
| 1/2 cup | sour cream | 125 ml |
| 1/2 cup | grated cheese | 125 ml |
| | paprika | |

**Method:**

Place meat and onion in a 2-litre dish. Cover and cook on MED HIGH for 4 minutes. Mix with a fork breaking up any large pieces of meat. Add taco mix, tomato paste, chilli powder and kidney beans. Cook on MED HIGH for a further 10 to 15 minutes, stirring halfway through cooking. Place corn chips in a 3-litre microwave suitable serving dish. Pile meat sauce in the centre. In a small bowl, mash avocado and mix in sour cream. Spoon this mixture over meat sauce and top with grated cheese. Sprinkle on paprika. Preheat oven to Grill 1. Cook for 4 to 6 minutes.

## Savoury French Sticks MC

Makes: 2

**Ingredients:**

| | | |
|---|---|---|
| 2 | short French sticks | 2 |
| 1 | small onion, chopped | 1 |
| 2 | rashers bacon, rind removed and bacon chopped | 2 |
| 200 g | smooth ricotta cheese | 200 g |
| 4 | eggs | 4 |
| 1 cup | grated tasty cheese | 250 ml |
| 1/2 teaspoon | mixed dried herbs | 2 ml |
| | cayenne pepper | |

**Method:**

Cut sticks in half lengthwise. Scoop out the centers, leaving a small border. Place onion and bacon into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Beat together cheeses, eggs and herbs. Add to onion mixture, combine well. Place rolls onto a flat plate and fill with egg mixture.

☛ **To Cook by Microwave:** Cook on MED HIGH for 6 to 8 minutes, rearrange rolls halfway through cooking.

or

☛ **To Cook by Combination:** Cook on Combination 6 for 10 to 15 minutes.

Serve warm or allow to cool and slice as a snack.

## Nuts and Bolts

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 60 g | butter | 60 g |
| 1/2 teaspoon | curry powder | 2 ml |
| 2 tablespoons | Worcestershire sauce | 30 ml |
| 1/2 teaspoon | salt | 2 ml |
| 1/4 teaspoon | garlic powder | 1 ml |
| 125 g | packet mixed rice crackers | 125 g |
| 200 g | salted peanuts | 200 g |
| 125 g | packet pretzel sticks | 125 g |
| 1 cup | Nutri- Grain | 250 ml |

**Method:**

Place butter, curry, Worcestershire sauce, salt and garlic powder in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients, mix well and cook on HIGH for 5 to 6 minutes, stirring twice through cooking. Serve in a bowl with drinks.

**HINT:**

To reheat croissant: Wrap in paper towel (and place on a dinner plate) cook on HIGH for 15 to 30 seconds.

For a crispy croissants, place on High Rack and cook on Grill 1 for 3 to 5 minutes.

## Quiche Lorraine C

Serves: 4 to 6

**Ingredients:**

**Pastry:**

| | | |
|---|---|---|
| 1 1/4 cups | self-raising flour | 210 g |
| | pinch of salt | |
| 80 g | butter | 80 g |
| 2 tablespoons | water | 30 g |
| 2 teaspoons | lemon juice | 10 ml |
| 1 | egg yolk | |

**Filling:**

| | | |
|---|---|---|
| 4 | rashers bacon, rind removed and bacon chopped | 4 |
| 1/2 cup | grated tasty cheese | 125 ml |
| 3 | eggs | 3 |
| 350 ml | cream or evaporated milk | 350 ml |
| 1/4 teaspoon | nutmeg | 1 ml |

**Method:**

**Pastry:**

Sift flour with salt. Rub butter into flour until it resembles fine breadcrumbs. Add water, lemon juice and egg yolk. Mix well. Turn onto a lightly floured board and knead lightly. Roll out pastry to fit a 23 cm pie plate. Prick thoroughly. Chill for 30 minutes. Preheat oven to Convection 220°C. Bake blind for 15 to 20 minutes on Convection 220°C. Allow to cool slightly.

**Filling:**

Place bacon between two sheets of paper towel on a dinner plate. Cook on HIGH for 2 to 3 minutes. Sprinkle bacon and cheese on cooked pie shell. Beat eggs, cream or evaporated milk and nutmeg and pour over bacon and cheese. Bake at 180°C for 25 to 30 minutes.

## Frankfurters

Serves: 5

**Ingredients**

| | | |
|---|---|---|
| 10 | frankfurters | 10 |
| 1/4 cup | water | 60 ml |

**Method:**

Place frankfurters in a 2-litre casserole dish. Make a few slits in each frankfurter. Add water to dish. Cover dish with a lid or plastic wrap. Cook on HIGH for 4 to 5 minutes.

**Tip:** To cook one frankfurter, prick and place on a dinner plate. Cook on HIGH for 30 to 40 seconds.

## Stuffed Capsicum

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 4 capsicum | tops removed and seeded | 4 capsicum |
| 1 cup | risoni pasta, cooked | 250 ml |
| 1 cup | corn | 250 ml |
| 3 | shallots, chopped | 3 |
| 1/2 teaspoon | dried mixed herbs | 2 ml |
| 1/4 cup | sundried tomatoes, chopped | 60 ml |
| 1/4 cup | cream | 60 ml |

**Topping:**

| | | |
|---|---|---|
| 1/2 cup | grated cheese | 125 ml |
| 2 Tablespoon | chopped parsley | 30 ml |

**Method:**

Cook capsicums in a 2-litre covered casserole dish on high for 6 to 8 minutes. Drain off excess water. Combine pasta, herbs, shallots, corn, sundried tomatoes and cream. Mix well. Fill capsicums. Top with grated cheese and parsley Cook, uncovered, on high HIGH for 3 to 5 minutes. Serve sprinkled with paprika.

## Roasted Nuts

Serves: 2 to 4

Morish with drinks

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | raw peanuts (with or without skins, and unsalted) | 250 ml |
| 2 teaspoons | salad oil | 10 ml |
| | salt to taste | |

**Method:**

Place peanuts in a single layer on a pie plate. Cook on HIGH for 4 to 6 minutes, stirring every 2 minutes during cooking until golden brown. Drizzle nuts with oil and sprinkle with salt. Stir well. Cook on HIGH for 30 to 40 seconds. Stir. Serve hot or cold in a small bowl.

**HINT:**
To toast 1 cup almonds place onto a plate and heat on HIGH for 2 to 3 minutes, stirring every minute.

Lemon Pepper Chicken Wings

## Mini Pizza G

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 4 | small round pita breads | 4 |
| 1/3 cup | prepared pesto sauce | 85 ml |
| 1 | tomato, chopped | 1 |
| 1/2 cup | sliced salami | 125 ml |
| 3/4 cups | grated mozzarella | 190 ml |

**Method:**

Place pita bread onto a dinner plate. Spread each pita bread with pesto sauce, then top with remaining ingredients. Preheat oven to Grill 1. Cook for 8 to 10 minutes.

## Cheese Straws C

Makes: 36

**Ingredients:**

| | | |
|---|---|---|
| 1 | sheet ready rolled puff pastry sheets | 1 |
| 1 | egg, lightly beaten | 1 |
| 1/3 cup | Parmesan cheese | 85 ml |
| 1/2 teaspoon | paprika | 125 ml |

**Method:**

Preheat oven to 200°C. Cut each pastry sheet into equal strips (approx. 1 cm wide) cut in half lengthwise. Twist pastry strips and place on a round greased baking tray. Brush pastry with egg. Mix cheese and paprika together and sprinkle over each twist. Cook on 200°C for 10 to 12 minutes or until golden.

## Lemon Pepper Chicken Wings G

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1/3 cup | lemon juice | 85 ml |
| 1/4 cup | olive oil | 60 ml |
| 2 | cloves garlic, crushed | 2 |
| 1 teaspoon | whole grain mustard | 5 ml |
| 2 tablespoons | chopped parsley | 30 ml |
| 1 teaspoon | cracked or coarsely ground black peppercorns | 5 ml |
| 500 g | chicken wings | 500 g |

**Method:**

Combine first six ingredients. Place chicken in a flat dish and pour over remaining combined ingredients. Marinate over night or for at least three hours. Preheat oven to Grill 1. Cook for 20 to 25 minutes, turning once during cooking.

## Pâté

Makes: 2 cups (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 2 | rashers bacon, rind removed and bacon chopped | 2 |
| 1 | small onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| 125 g | butter | 125 g |
| 375 g | chicken livers, trimmed and cut in half | 375 g |
| 1/2 teaspoon | pepper | 2 ml |
| 2 tablespoons | brandy | 30 ml |
| 2 tablespoons | sour cream | 30 ml |

**Method:**

Place bacon, onion, garlic and butter into a 1-litre casserole dish. Cook on HIGH for 4 to 5 minutes. Add chicken livers and pepper to mixture. Cover and cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Set aside and allow to cool. Place cooled mixture in a blender or food processor. Add brandy and sour cream and process until smooth. Pour into a 2-cup (500 ml) mould and refrigerate until set.

**HINT:**

To cook bacon rashers: Place between 2 sheets of paper towel on a pie plate and cook on HIGH for 2 to 3 minutes.

## Spinach and Filo Pie C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 | bunch spinach | 1 |
| 250 g | Fetta cheese | 250 g |
| 2 | eggs | 2 |
| 1/2 cup | cream | 125 ml |
| 1 tablespoon | flour | 15 ml |
| 1/2 teaspoon | nutmeg | 2 ml |
| | ground black pepper | |
| 1 | clove garlic, crushed | 1 |
| 4 | sheets filo pastry | 4 |
| 40 g | butter, melted | 40 g |
| 2 teaspoons | sesame seeds | 10 ml |

**Method:**
Wash spinach and remove leaves from stalks. Cut leaves finely and place into a 3-litre casserole dish. Cover and cook on HIGH for 3 to 5 minutes. Drain well. Crumble in Fetta cheese.
Preheat oven to 200°C. In a small bowl, beat eggs lightly and combine with cream, flour, nutmeg, pepper and garlic. Place spinach and cheese into a 23 cm pie dish, and pour over egg mixture. Fold one sheet of filo in half widthwise and lay over top of spinach mixture. Brush with melted butter and repeat method with remaining sheets of filo, brushing with butter between each layer of filo. Trim off excess filo around edges and press down at the sides of the dish. Brush with butter and sprinkle with sesame seeds. With a sharp knife cut a diamond pattern in top of filo pastry. Cook on Convection 200°C for 15 to 20 minutes.

## Vegetable Bake

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 250 g | cauliflower, cut into florets | 250 g |
| 250 g | broccoli | 250 g |
| 3 | carrots, sliced | 3 |
| 1/4 cup | water | 60 ml |
| 1/2 cup | cottage cheese | 125 ml |
| 1 | egg | 1 |
| 1/2 cup | cream | 125 ml |
| 1/2 teaspoon | lemon pepper | 2 ml |
| 1/2 teaspoon | seasoned herbs | 2 ml |
| 1/2 cup | grated tasty cheese | 125 ml |

**Method:**
Place vegetables and water in a 3-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain well. Place remaining ingredients except tasty cheese in a bowl and mix well. Pour over vegetables. Sprinkle with tasty cheese and cook on MEDIUM for 10 to 12 minutes.

Spinach and Filo Pie

## Zucchini Slice

Serves: 4 to 6

**Ingredients:**

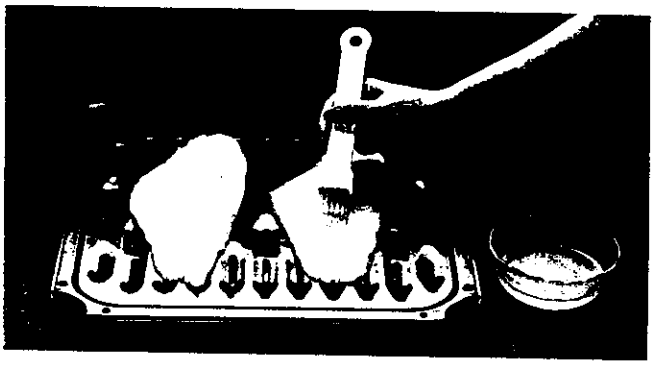
| | | |
|---|---|---|
| 400 g | zucchini | 400 g |
| 1 | small onion | 1 |
| 4 | bacon rashes, fat and rind removed | 4 |
| 1 cup | grated cheese | 250 ml |
| 1 cup | flour | 250 ml |
| 1/4 cup | oil | 60 ml |
| 5 | eggs | 5 |
| | salt and pepper to taste | |

**Method:**
Preheat oven to 180°C. Grate zucchini. Finely chop onion and bacon, add to sifted flour, oil, beaten eggs and salt and poppers, mix well. Pour into a well greased lamington pan.
Bake in preheated oven for 30-35 minutes, or until golden brown.

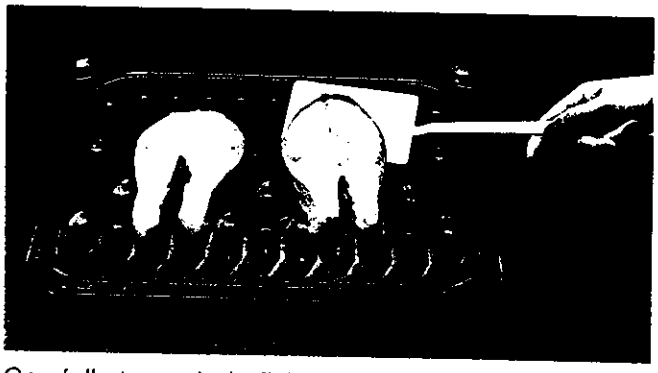
# Fish and Shellfish

## Directions for Grilling Fish and Shellfish

Place fish on Spatter Shield and baste with melted butter, margarine or oil before and during cooking. Basting will help prevent the fish from drying out.
Cook for the times recommended in the following chart.
Whole fish and fish steaks should be carefully turned over halfway through cooking.
The flesh of fish will flake easily when cooked. Seafood should be opaque.



Brush with melted butter.

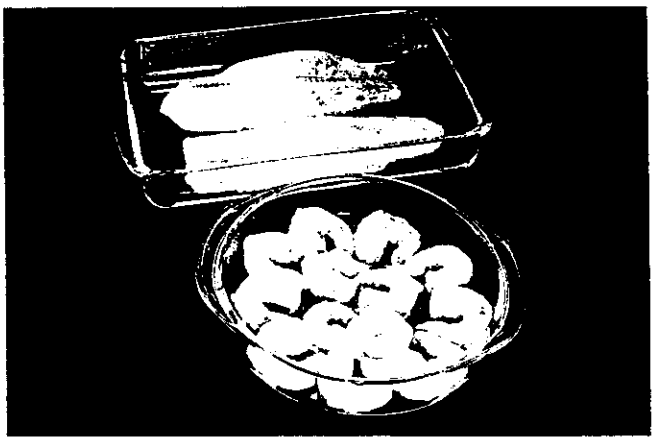


Carefully turn whole fish and steaks over halfway through cooking.

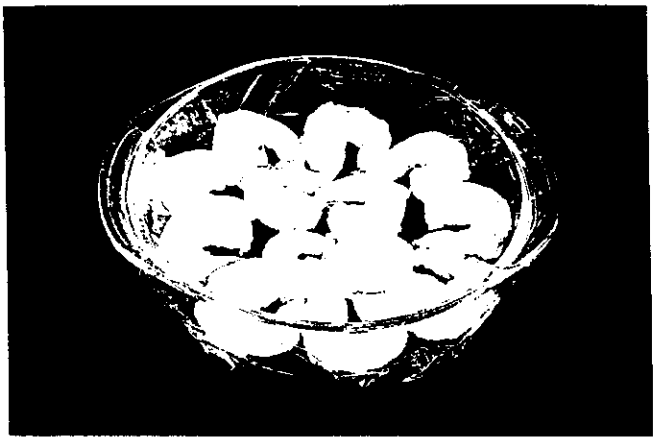
## Fish and Shellfish Grilling Chart

| Food | Grilling Setting | Approximate Cooking Time (in min.) |
|---|---|---|
| **FISH** | | |
| Fillets: | | |
| 1 cm thick | Grill 2 | 10 - 12 |
| 1 1/2 cm thick | Grill 2 | 12 - 14 |
| Steaks/Cutlets | | |
| 2 cm thick | Grill 2 | 16 - 18 |
| **WHOLE FISH** | | |
| 250 g to 375 g | Grill 2 | 12 - 14 |
| 500 g | Grill 2 | 16 - 18 |
| **SHELLFISH** | | |
| Scallops | | |
| Sea scallops 500 g | Grill 2 | 6 - 8 |
| Prawns | | |
| 500 g | Grill 2 | 6 - 8 |

## Directions for Cooking Fish and Shellfish by Microwave



Clean fish before starting the recipe. Arrange fish in a single layer, do not overlap edges. Prawns and scallops should be placed in a single layer.



**To Cook by Time:** Cover dish with plastic wrap. Cook on the power level and for the minimum time recommended in the chart below. Halfway through cooking rearrange or stir prawns or scallops.

## Fish and Shellfish Chart for Microwave Cooking by Time

| Fish or Shellfish | Amount | Power | Approximate Cooking Time (in minutes) |
|---|---|---|---|
| Fish fillets | 500 g | MEDIUM | 5 - 7 |
| Scallops (sea) | 500 g | MEDIUM | 3 - 5 |
| Prawns, medium size (shelled and cleaned) | 500 g | MEDIUM | 6 - 8 |
| Whole fish (stuffed or unstuffed) | 500 - 900 g | MEDIUM | 6 - 8 |

### Salmon Mornay G

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 40 g | butter | 40 g |
| 1 | onion, diced | 1 |
| 2 tablespoons | flour | 30 ml |
| 1 teaspoon | dried or fresh parsley | 5 ml |
| 1 tablespoon | pepper | 15 ml |
| 1/2 teaspoon | prepared mustard | 2 ml |
| 1/2 cup | milk | 125 ml |
| 1 can (440 g) | salmon | 1 can (440 g) |
| 3/4 cups | fresh breadcrumbs | 190 ml |
| 1/3 cup | grated cheese | 85 ml |

**Method:**

Place butter and onion in a 4-cup jug. Cook on HIGH for 1 minute. Add flour and cook on HIGH for 1 minute. Add parsley, pepper, mustard and gradually blend in milk. Cook on HIGH for 3 to 4 minutes, stir halfway through cooking. Lightly mix through salmon and liquid into sauce. Pour into a serving dish and top with breadcrumbs and cheese. Preheat oven to Grill 1. Cook on Grill 1 for 5 to 10 minutes.

### Sweet Scallop Stir Fry

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | oil | 15 ml |
| 1 | onion, quartered | 1 |
| 1/2 teaspoon | crushed garlic | 2 ml |
| 1/2 | large red capsicum, sliced | 1/2 |
| 2 | sticks celery, sliced | 2 |
| 2 tablespoons | sliced water chestnuts | 30 ml |
| 100 g | snowpeas | 100 g |
| 1 tablespoon | honey | 15 ml |
| 1 tablespoon | sweet chilli sauce | 15 ml |
| 1 tablespoon | chopped mint | 15 ml |
| 500 g | scallops | 500 g |

**Method:**

Preheat a browning dish on HIGH for 4 to 5 minutes. Add onions and garlic and cook on HIGH for 1 to 2 minutes. Add remaining ingredients and cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Serve immediately.

Cheesy Lobster Mornay

## Salmon Pâté

Makes: 2 1/2 cups (625 ml)

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | butter or margarine | 15 ml |
| 3 | shallots (spring onions), sliced | 3 |
| 1 tablespoon | plain flour | 15 ml |
| 1 teaspoon | prepared mustard | 5 ml |
| | salt and pepper | |
| 1/2 cup | sour cream | 125 ml |
| 1/4 cup | mayonnaise | 60 ml |
| 1/4 cup | white wine | 60 ml |
| 1 tablespoon | lemon juice | 15 ml |
| 1 can (440 g) | salmon, drained and bones removed | 1 can (440 g) |
| 1 tablespoon | gelatin | 15 ml |
| 1/4 cup | water | 60 ml |

**Method:**

Place butter or margarine and shallots (spring onion) in a 1-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, mustard, salt and pepper. Stir and cook on HIGH for 1 minute. Stir in sour cream, mayonnaise, wine, lemon juice and salmon. Purée mixture in a blender or food processor. Place gelatin and water in small dish and cook on HIGH for 20 to 30 seconds. Allow mixture to cool slightly. Stir into salmon mixture. Pour into a 2 1/2-cup (625 ml) mould and refrigerate until set.

## Cheesy Lobster Mornay G

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 3 tablespoons | butter | 45 ml |
| 3 tablespoons | flour | 45 ml |
| 1 cup | milk | 250 ml |
| 1/2 cup | grated cheese | 125 ml |
| 1 | cooked lobster | 1 |
| | juice of 1/2 lemon | |
| | pinch of paprika | |
| 2 tablespoons | grated cheese, extra | 30 ml |

**Method:**

Melt butter on HIGH for 30 seconds in a 4-cup (1 litre) jug. Add flour, stir and cook on HIGH for 20 to 30 seconds, stirring halfway through cooking. Add milk gradually. Stir well. Cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and mix well. Cut lobster in half lengthwise. Discard all inedible parts. Sprinkle each half of lobster with lemon juice. Spoon cheese sauce over lobster. Sprinkle with extra cheese and paprika. Preheat oven to Grill 1. Cook on Grill 1 for 5 to 6 minutes. Serve with lemon slices and parsley.

## Salmon Cakes G

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 440 g | can salmon or tuna drained | 440 g |
| 1 cup | mashed potato | 250 ml |
| 1 | egg, beaten | 1 |
| 1 teaspoon | lemon juice | 5 ml |
| 1 tablespoon | lemon rind, grated | 15 ml |
| 1 tablespoon | parsley, finely chopped | 15 ml |
| 1 | onion, finely chopped | 1 |
| | salt and pepper to taste | |
| 1/4 cup | dry breadcrumbs | 60 ml |

**Method:**

Combine salmon, mashed potato, egg, lemon juice, rind, parsley, onion, salt and pepper. Shape into approximately 10 cakes. Roll cakes in dry breadcrumbs. Preheat oven to Grill 1. Cook for 10 to 12 minutes. Turn halfway through cooking.

## Lemon Pepper Fish R

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 300 g | fish fillets | 300 g |
| 1/4 cup | lemon juice | 60 ml |
| 1 teaspoon | cracked black (ground) pepper | 5 ml |

**Method:**

Place fish, lemon juice and cracked black pepper in a 1-litre casserole dish. Cook on MEDIUM for 5 minutes. Allow to stand for 3 minutes before serving.

Seafood Marinara

## Seafood Marinara

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 250 g | scallops | 250 g |
| 250 g | prawns, shelled and deveined | 250 g |
| 1 | squid, (approx. 275 g) cleaned and sliced | 1 |
| 2 tablespoons | butter | 30 ml |
| 1 | clove garlic, crushed | 1 |
| 2 | tomatoes, peeled and chopped | 2 |
| 1 tablespoon | tomato paste | 15 ml |
| 1/4 cup | white wine | 60 ml |
| 1 teaspoon | basil | 5 ml |
| | pepper | |
| | chopped parsley | |

**Method:**

Place cleaned seafood into a 2-litre dish. Set aside. Place butter and garlic in a 1-litre dish. Cook on HIGH for 30 seconds. Add remaining ingredients except seafood to dish and cook on HIGH for 5 minutes. Puree tomato mixture in a blender or food processor and pour over seafood. Cook on MED HIGH for 5 to 7 minutes. Stand for 5 minutes. Serve with pasta or salad.

## Golden Wrapped Fish C

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 4 | white fish fillets (500 g) | 4 |
| 2 tablespoons | butter | 30 ml |
| 4 | shallots (spring onions), finely sliced | 4 |
| 150 g | mushrooms, finely sliced | 150 g |
| | salt and pepper | |
| 4 | sheets ready rolled puff pastry | 4 |
| 1 | beaten egg yolk for glazing | 1 |
| | sesame seeds | |

**Method:**

Pat dry fillets with paper towel. Melt butter in a 2-litre casserole dish on HIGH for 1 minute. Add shallots and mushrooms and cook on HIGH for 1 to 2 minutes. Season with salt and pepper.
Preheat oven to 220°C. Lay each fillet in the centre of each sheet of pastry. Place 1 to 2 tablespoons of the filling over the top of each fish fillet. Fold sides of pastry to centre and press firmly together. Brush with egg yolk and sprinkle with sesame seeds. Make several slits in pastry and place on a lightly greased baking tray. Cook on Convection 220°C for 15 to 20 minutes.

## Barbecue Fish Skewers G

Makes: 24 skewers

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | firm white fish fillets, cut into long thin strips | 1 kg |
| | melted butter for brushing | |

**Marinade:**

| | | |
|---|---|---|
| 1/4 cup | lemon juice | 60 ml |
| 1 tablespoon | olive oil | 15 ml |
| 2 tablespoons | spring onions, chopped | 30 ml |
| 1 tablespoon | finely chopped dill | 15 ml |
| | black pepper | |

**Method:**

Place fish in a large mixing bowl. Mix all marinade ingredients until well combined. Pour marinade over fish and chill for 2 hours only. Thread fish onto skewers (similar to a snake shape). Preheat oven to Grill 1. Brush Spatter Shield with melted butter. Cook on Grill 1 for 8 to 12 minutes, turning halfway through cooking. Serve with Fragrant Coconut Rice, see page 75.

**Tip:** Half freeze fish before slicing so finer strips may be cut.

## Oysters Kilpatrick G

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 12 | oysters in shell, opened | 12 |
| 2 teaspoons | lemon juice | 10 ml |
| 2 teaspoons | Worcestershire sauce | 10 ml |
| | salt and pepper | |
| 60 g | bacon, finely chopped | 60 g |

**Method:**
Place oysters in shell on a heatproof serving plate. Sprinkle each oyster with lemon juice and sauce. Season with salt and pepper. Sprinkle bacon over each oyster. Preheat oven to Grill 2. Cook for 6 to 8 minutes.
**Tip:** Serve with triangles of buttered brown bread.

## Smoked Fish

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 2 | medium sized smoked fish fillets (approx. 500 g) | 2 |
| 1 tablespoon | butter, melted | 15 ml |
| 3 tablespoons | water | 45 ml |
| | freshly ground black pepper | |

**Method:**
Place all ingredients in a 3-litre casserole dish. Cover and cook on MEDIUM for 6 to 7 minutes or until cooked and fish flakes when tested with a fork.

## Gingered Whole Fish R

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 400 g | whole bream | 400 g |
| 2 tablespoons | lemon juice | 30 ml |
| 2 tablespoons | soy sauce | 30 ml |
| 1 teaspoon | minced ginger | 5 ml |
| 3 | shallots (spring onion), sliced | 3 |

**Method:**
Place fish in a shallow casserole dish. Combine lemon juice, soy sauce, minced ginger and shallots (spring onion) in a 1-litre jug. Pour sauce mixture over fish. Cover and cook on MEDIUM for 5 to 6 minutes. Turn over and cover. Cook on MEDIUM for 5 minutes.

## Garlic Prawns R

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 60 g | butter | 60 g |
| 1 teaspoon | minced garlic | 5 ml |
| 1 tablespoon | lemon juice | 15 ml |
| 1 tablespoon | parsley, chopped | 15 ml |
| 500 g | green prawns, peeled | 500 g |

**Method:**
Place butter and garlic in a 1-litre dish and cook on HIGH for 1 minute. Add lemon juice, parsley and prawns. Cook on MEDIUM for 6 to 7 minutes, stirring halfway through cooking. Serve in individual ramekins.

## Whole Stuffed Fish

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 500 g | whole fish, cleaned and scaled (Bream or Snapper) | 500 g |
| 2 tablespoons | melted butter | 30 ml |
| **Stuffing:** | | |
| 1 cup | fresh breadcrumbs | 250 ml |
| 4 | shallots (spring onions), sliced | 4 |
| 1 teaspoon | dried basil | 5 ml |
| | juice of ½ lemon | |
| 2 tablespoons | chopped parsley | 30 ml |
| | freshly ground black pepper | |

**Method:**
Brush fish cavity with melted butter. Combine remaining butter with remaining ingredients to make stuffing. Stuff fish cavity with mixture and secure opening with wooden skewers or string. Place fish on a ceramic rack in a 3-litre casserole dish and cook on MEDIUM for 6 to 8 minutes. Stand covered for 5 minutes before serving.

**HINT:**
When cooking a whole fish, remove or shield the eyes before cooking to prevent eyes exploding.

## Cooking Meat & Poultry by Microwave

**Oven Accessory:** Glass Tray

**Cooking**
For best results, select roasts that are uniform in shape. Place meat on a microwave suitable rack in a rectangular dish. Beef rib roast should be placed cut-side down. Other bone-in roasts should be placed fat-side down. Boneless roasts should be placed fat-side up. Halfway through cooking turn roasts. Poultry may be stuffed or unstuffed. Tie chicken legs together with cotton string. Place on microwave rack set in a dish. Place poultry breast-side down: turn over halfway through cooking. Cover with wax paper to prevent splattering.

**Shielding**
Meats and poultry can be shielded at the beginning of cooking or halfway through cooking. If you wish to shield at the beginning of cooking, remove foil halfway through the cooking time. Beef and pork rib roasts should be shielded by the bones. Foil should extend about 5 cm down from bones. The shank, thin ends of boneless roasts should also be shielded. It may be necessary to shield legs, wings and the breast bone of chickens to prevent overcooking. Wooden toothpicks can be used to hold foil in place.

**Chicken Pieces**
Chicken pieces should be cooked with the thicker part to the outside of the dish and covered with waxed paper or paper towel during cooking, to prevent spattering.

**Less Tender Cuts of Meat and Poultry**
Less tender cuts of meat and poultry should be cooked in liquid such as soup or stock. Use 1/2 to 1 cup per 500 g meat and 1/4 to 1/2 cup per 500 g of poultry. Use an oven cooking bag or covered casserole. Select a covered casserole dish deep enough so that the meat does not touch the lid.

**Oven Bags**
If an oven cooking bag is used, prepare the bag according to package directions. Do not use wire or metal twist-ties. Use the nylon tie provided, otherwise use a piece of cotton string or a strip cut from the open end of the bag. Make six 2 cm slits in top of bag to allow steam to escape. Multiply the weight of the roast by the minimum recommended minutes per 500 g. Program Power and Time. Turn meat over halfway through cooking.

**Standing**
Joints of meat and whole chickens must be left to stand for 10 to 15 minutes, wrapped in foil after cooking. This allows the internal temperature to equalise and makes the meat easier to carve.

## Meat Chart for Microwave Cooking

| Type and Cut | Power | Approximate Cooking Time (minutes per 500 g) |
|---|---|---|
| **BEEF** | | |
| Roasts | | |
| rare | MED HIGH | 8 - 10 |
| medium | MED HIGH | 10 - 12 |
| well | MED HIGH | 12 - 14 |
| Chuck, flank, brisket | MEDIUM | 25 - 30 |
| **PORK** | | |
| leg of pork | MED HIGH | 12 - 15 |
| loin of pork | MED HIGH | 12 - 15 |
| pork chops | MED HIGH | 6 - 8 |
| ham canned (fully cooked) | MED HIGH | 5 - 7 |
| **LAMB** | | |
| medium | MED HIGH | 10 - 12 |
| well | MED HIGH | 12 - 15 |
| **CHICKEN** | | |
| whole (up to 2.8 kg) | MED HIGH | 10 - 15 |
| pieces | MED HIGH | 8 - 10 |
| **Turkey** | MED HIGH | 10 - 15 |
| **Duck** | MED HIGH | 10 - 15 |

## Grilling Meat & Poultry

Place meat and poultry on Spatter Shield. You may wish to marinate the meat before cooking or baste during grilling, following are some examples. Follow the guidelines in the chart below for recommended cooking times. Turn meat over halfway through the cooking time.

**Oven Accessories:** Oven pan and Spatter Shield.

**Simple Bastes for Meat and Chicken:**

**Honey and Soy:** 1 tablespoon soy sauce, 2 tablespoons honey and 1 tablespoon lemon juice, 1 teaspoon minced ginger

**Barbecue:** 2 tablespoons tomato sauce, 1 tablespoon chutney, 1 tablespoon worcestershire sauce

**Lemon Mustard:** 2 tablespoons oil, 2 teaspoons grainy mustard, 2 tablespoons lemon juice and 1 teaspoon dried thyme

**Peanut:** 2 tablespoons sour cream, 2 tablespoons crunchy peanut butter, 1 tablespoon lemon juice, 1 teaspoon minced garlic, 1 teaspoon minced ginger

**Pepper:** 1 tablespoon cracked black peppercorns, 1 tablespoon chopped fresh rosemary, 1/4 cup oil

**Chilli and Lime:** 1/4 cup lime juice, 1 teaspoon grated lime rind, 1 tablespoon honey, 1 teaspoon minced chilli, 2 tablespoons chopped coriander

## Meat and Poultry Grilling Chart

| Type and Cut | Grill Setting | Approximate Cooking Time (in mins.) |
|---|---|---|
| **BEEF** | | |
| Hamburger | | |
| well | Grill 1 | 14 - 16 |
| Steak (approx. 3 cm thick) | | |
| rare | Grill 1 | 10 - 12 |
| medium | Grill 1 | 14 - 16 |
| Steak (approx. 1 to 2 cm thick) | | |
| rare | Grill 1 | 14 - 16 |
| medium | Grill 1 | 16 - 18 |
| well | Grill 1 | 18 - 20 |
| **PORK** | | |
| Chops 2 cm thick | Grill 1 | 20 - 25 |
| Frankfurters | Grill 2 | 4 - 8 |
| Ham Steak 1 1/2 cm thick | Grill 1 | 8 - 10 |
| Sausages thick | Grill 1 | 16 - 18 |
| thin | Grill 1 | 12 - 14 |
| **LAMB** | | |
| Chops 2 cm thick (8 on rack) | | |
| medium | Grill 1 | 16 - 18 |
| well | Grill 1 | 20 - 23 |
| Kebabs | Grill 1 | 17 - 20 |
| **CHICKEN** | | |
| 4 half Breasts | Grill 1 | 15 - 18 |
| Cut-up (whole) | Grill 1 | 20 - 35 |
| 8 Drumstick | Grill 1 | 20 - 25 |
| 4 Thighs | Grill 1 | 25 - 28 |
| 1.0 kg Wings (approx 16) | Grill 1 | 20 - 25 |
| 4 Marylands | Grill 1 | 20 - 22 |
| 4 Kebabs | Grill 1 | 17 - 20 |

## Meat Guidelines

There are several methods available to cook meat in your Dimension 4. The following information will explain each method to help you select the correct method. Although microwave alone is the fastest method available, combination will produce crisp and browned results as that of conventional cooking. Cooking by combination will also reduce the cooking time. Commonly cooked joints of meat can be roasted automatically on the AUTO PROGRAMMES.

## AUTO PROGRAMMES

11 BEEF MEDIUM
13 LAMB
15 PORK
17 CHICKEN

The AUTO PROGRAMMES available on your Dimension 4 will automatically calculate and cook meat by combination. Select the desired meat category, set the weight of the meat using the Weight pad and press START.

**Oven Accessories**
Place the joint to be roasted on a rack placed in a shallow dish on the Glass Tray.

**Frozen Joints**
Do not use frozen meat on these programmes. All meat should be completely thawed.

**Turning**
All joints should be turned during the cooking time to ensure they are evenly cooked. Halfway through the cooking time the oven will prompt you to turn the meat over.

**How to Use**
For detailed instructions about using these programmes see page 22.

**Covering**
Do not cover meat when cooking by these programmes, as they are designed to give a crisp exterior. We do not recommend using oven bags on these settings.

**Standing**
At the completion of cooking allow meat to stand covered with aluminium foil for 10 to 15 minutes before carving.

## COOKING MEAT BY COMBINATION

Some joints and small cuts of meat are not suitable for cooking on the AUTO PROGRAMMES, but they can be cooked successfully by COMBINATION with a cooking time calculated from the following chart, or the individual cooking times found in the recipes throughout the book.

**Oven Accessories**
When roasting larger pieces of meat, place on a rack in a shallow dish on the Glass Tray. Do not cover.

**How to Use**
Select the COMBINATION program by pressing the COMBINATION pad. Use the time pads to enter the cooking time and then press START.

**Beef, Lamb and Pork Roasts**
Season roast as desired. Place fat-side down on an oven/microwave safe dish, and place on Glass Tray. Shield thin uneven areas of roasts with a small piece of foil. Turn over halfway through the cooking time.

**Whole Poultry**
Wash poultry and pat dry. Season poultry as desired. Whole poultry may be roasted stuffed or unstuffed, but if using a raw meat stuffing this may increase the cooking time slightly.

**Whole Chicken**
Tie the chicken's drumstick together to keep it's shape during cooking. Shield drumstick with a strip of foil for the first 30 minutes of cooking.

**Whole Duck**
Pierce skin at 2 cm intervals with a fork to allow fat to drain from duck. It may be necessary to drain juices from dish halfway through cooking.

**Whole Turkey**
Halfway through cooking, shield tops of drumstick with a strip of foil. Drain juices from dish once during cooking.

**Standing**
As with roasts cooked by microwave, the meat continues to cook during standing by stored heat. Allow meat and poultry to stand covered with aluminium foil for at least 10 to 15 minutes before carving.

**Note:**
When shielding meat with aluminium foil during cooking do not allow the foil to touch the walls of the oven, as arcing may occur. Do not use a microwave or conventional meat thermometer in the oven when cooking by COMBINATION.

## CASSEROLES AND POT ROASTS BY COMBINATION

Although casseroles may be cooked by microwave with a reduced cooking time, they do not always develop the full flavour received from a longer cooking time. Using COMBINATION the cooking time can be slightly reduced and a stronger flavour is achieved. When cooking by COMBINATION, use heatproof glass/ceramic dishes, such as Pyrex® and Corningware®. Place dishes directly on Glass Tray.

## Meat and Poultry Combination Cooking Chart

The chart below is a summary of the cooking settings and times for Manual Combination cooking for meat and poultry. The times will vary slightly due to the shape of the meat and the recipes the meats are used for. Multiply the weight of the meat by the minimum recommended time per 500 g. The meat should stand covered with foil for 10 to 15 minutes after cooking. Check at the end of standing to ensure that it is sufficiently cooked. If required, more time can be added after standing time.

| Type and Cut | Combination Cooking Time | |
|---|---|---|
| | Combination Setting | Approximate Cooking Time (in minutes) |
| **BEEF ROASTS** | | |
| Rib, Boneless Rib, Top Sirloin | | |
| rare | 5 | 11 - 14 / 500 g |
| medium | 5 | 14 - 16 / 500 g |
| well | 5 | 18 - 20 / 500 g |
| Rump, Eye of Round (high quality) | | |
| rare | 5 | 12 - 15 / 500 g |
| medium | 5 | 13 - 18 / 500 g |
| well | 5 | 18 - 20 / 500 g |
| Pot Roast (1 1/2 to 2 kg) | | 1 1/2 - 2 hrs. total |
| Chuck (turn meat over after 1 hour of cooking) | 1<br>1 | 1 1/2 - 2 hrs. total |
| **PORK ROASTS** | 5 | 15 - 17 / 600 g |
| **LAMB ROASTS** | 5 | 18 - 20 / 500 g |
| **MEATLOAVES** | 5 | 25 - 30 / 500 g |
| **CASSEROLES** | 1 | Approx. 2/3 conventional cooking time |
| **CHICKEN** | | |
| whole (up to 2.8 kg) | 6 | 12 - 15 / 500 g |
| pieces (1 to 1.5 kg) | 1 | Approx. 2/3 conventional cooking time. Follow recipe instructions. |
| **TURKEY (2 to 6 kg)** | 5 | 13 - 16 / 500 g |
| **DUCK (1.5 kg to 2.5 kg)** | 1 | 15 - 18 / 500 g |

## Roast Beef MC A

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 2 kg | roast beef | 2 kg |
| | seasoned flour | |

**Method:**
Place beef on a rack set in a dish. Sprinkle beef with seasoned flour.

☛ **To Cook by Combination:** Cook on Combination 5 for 40 to 45 minutes for a medium result.

or

☛ **To Cook by One Touch Cooking:** Press **Beef** pad and enter the weight, then press **Start** pad.

Stand covered for 10 minutes before carving.

## Yorkshire Pudding C

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | plain flour | 250 ml |
| | pinch of salt | |
| 1 | egg | 1 |
| 1 1/2 cups | milk | 375 ml |
| | oil for greasing muffin tins | |

**Method:**
Sift flour and salt into a bowl. Break egg into flour and gradually add milk, stirring constantly until smooth. Set aside covered for 1 hour.
Preheat oven to 220°C. Brush 2 x 6 cm muffin tins with oil, and place into oven for 2 to 3 minutes to heat oil. Remove tins and pour in batter until tins are half full. Cook on 220°C for 15 to 20 minutes or until golden. Serve with roast beef.

## Corned Beef

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1.5 to 1.7 kg | corned silverside | 1,5 to 1,7 kg |
| 1 tablespoon | brown sugar | 15 ml |
| 1 tablespoon | white vinegar | 15 ml |
| 1 | onion, cut in half | 1 |
| 4 | cloves | 4 |
| 6 | peppercorns | 6 |
| 1 | bay leaf | 1 |
| 3 cups | water | 750 ml |

**Method:**
Rinse corned silverside under cold running water to remove excess salt. Place corned silverside in a 4-litre casserole dish. Add remaining ingredients. Cover and cook on HIGH for 10 minutes. Turn meat, cover and cook on MEDIUM for 1 1/2 to 1 3/4 hours. Stand corned silverside in cooking liquid for 10 minutes before carving.

**Note:** Depending on the shape of the silverside, it may require a further 10 to 15 minutes on MED LOW.

## Beef Stroganoff

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | butter | 15 ml |
| 1 | onion, sliced | 1 |
| 750 g | rump steak sliced into ribbons | 750 g |
| 2 tablespoons | tomato sauce | 30 ml |
| 2 tablespoons | Worcestershire sauce | 30 ml |
| 200 g | sliced button mushrooms | 200 g |
| 1 tablespoon | cornflour | 15 ml |
| 1/2 cup | hot beef stock | 125 ml |
| 1/2 cup | sour cream | 125 ml |
| 1 tablespoon | chopped parsley | 15 ml |

**Method:**
Place butter, onion, meat, sauces and mushrooms into a 3-litre dish. Cook on MED HIGH for 8 to 10 minutes. Combine stock and cornflour in a small bowl, then add to meat mixture. Stir well. Cook on MED HIGH for a further 3 to 5 minutes. Add sour cream and parsley. Stir and cook on MED HIGH for 2 minutes. Serve with egg noodles or rice.

## Chinese Beef and Vegetables R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 400 g | rump steak, sliced | 400 g |
| 1 teaspoon | chopped ginger | 5 ml |
| 1 teaspoon | chopped garlic | 5 ml |
| 1 tablespoon | soy sauce | 15 ml |
| 1/4 cup | beef stock | 60 ml |
| 2 tablespoons | Hoi Sin sauce | 30 ml |
| 3 cups | sliced vegetables, e.g. broccoli, onion petals, mushrooms, capsicum (green/red pepper) chunks, snow peas | 750 ml |

**Method:**
Place beef, ginger and garlic in a 3-litre dish. Cook on HIGH for 1 minute. Mix sauces and stock, and stir through beef. Cook on HIGH for 2 minutes. Add vegetables and cook on HIGH for 6 minutes, stir halfway through cooking. Stand for 5 minutes before serving with boiled rice.

**HINT:**
Marinating before cooking helps tenderise less tender cuts. Use acidic ingredients, such as tomatoes, wine, vinegar and fruit juices. Marinating also adds flavour.

Cheesy Meatloaf

## Cheesy Meatloaf C MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | topside mince | 500 g |
| 1 | onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| | black pepper | |
| 2 tablespoons | chopped parsley | 30 ml |
| 1 tablespoon | Italian herbs | 15 ml |
| 1 | egg, lightly beaten | 1 |
| 250 g | Mozzarella cheese, grated | 250 g |

**Tomato Sauce:**

| | | |
|---|---|---|
| 1 can (425 g) | tomato pieces | 1 can (425 g) |
| 1 tablespoon | tomato paste | 15 ml |
| 1 teaspoon | dried basil | 5 ml |

**Method:**
Preheat oven to 190°C. Mix all ingredients (except cheese) until well combined. Place in a 23 x 13 cm loaf tin top with cheese.

☛ **To Cook by Convection:** Cook on Convection 190°C for 50 to 55 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

or

☛ **To Cook by Combination:** Cook on Combination 1 for 30 to 35 minutes. Drain well after cooking. Stand for 5 minutes before slicing.

Serve with tomato sauce.

**Method for Sauce:**
Combine all ingredients in a food processor and process until smooth. Pour into 4-cup (1 litre) jug. Cover with plastic wrap. Cook on HIGH for 5 to 7 minutes. Serve with tomato sauce.

## French Onion Beef Casserole MC R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, finely chopped | 1 |
| 1 teaspoon | mixed dried herbs | 5 ml |
| 200 g | potatoes, peeled and diced | 200 g |
| 500 g | chuck steak, cut into 2 cm cubes | 500 g |
| 40 g | packet french onion soup mix | 40 g |
| 1/3 cup | tomato paste | 85 ml |
| 2 cups | beef stock | 500 ml |

**Method:**
Place onion and mixed herbs in a 3-litre casserole dish and cook on HIGH for 4 minutes. Add remaining ingredients and stir until combined. Cook covered on Combination 1 for 45 to 50 minutes. Stir occasionally during cooking. Serve with rice or pasta.

## Beef Bourguignonne MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 750 g | topside beef | 750 g |
| 1/2 cup | red wine | 125 ml |
| 1 | clove garlic, crushed | 1 |
| 1 | bay leaf | 1 |
| 125 g | streaky bacon, rind removed and bacon chopped | 125 g |
| 12 | button onions, peeled | 12 |
| 1 tablespoon | flour | 15 ml |
| 3/4 cups | beef stock | 190 ml |
| | salt and freshly ground black pepper | |
| 2 to 3 tablespoons | brandy (optional) | 30 to 45 ml |
| 125 g | button mushrooms, cleaned and trimmed | 125 g |

**Method:**
Trim the meat and cut into 2.5 cm cubes. Place in a large casserole dish with the wine, garlic and bay leaf. Cover and leave several hours or overnight in a refrigerator. Place bacon in a shallow dish, cover with paper towel and cook on HIGH for 2 to 3 minutes. Mix in the flour then gradually add the stock. Combine all remaining ingredients except brandy and mushrooms. Cook on Combination 1 for 40 to 50 minutes. Add the brandy and mushrooms and return casserole to oven uncovered for a further 10 minutes.

## Mini Meatballs

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 500 g | topside mince | 500 g |
| 1 | onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| 1/2 cup | fresh bread crumbs | 125 ml |
| 1 tablespoon | tomato sauce | 15 ml |
| 1 tablespoon | mixed herbs | 15 ml |
| | freshly ground black pepper | |

**Sweet and Sour:**

| | | |
|---|---|---|
| 1/2 cup | pineapple pieces, reserve juice | 125 ml |
| 1/2 cup | brown sugar | 125 ml |
| 1 tablespoon | cornflour | 15 ml |
| 1/2 cup | beef stock | 125 ml |
| 1/4 cup | vinegar | 60 ml |
| 2 teaspoons | soy sauce | 10 ml |

**Method:**
Place mince, onion, garlic, bread crumbs, tomato sauce, mixed herbs and pepper in a large bowl and mix well. Roll mixture into 2.5 cm balls.

☛ **To Cook by Microwave:** Place half of balls onto a paper towel lined dinner plate evenly spread. Cook on MEDIUM for 6 to 8 minutes, turning halfway through cooking. Set aside. Repeat with remaining mixture.

**Sweet and Sour Sauce:**
Drain pineapple and reserve pineapple juice. In a jug, combine sugar and cornflour. Add reserved pineapple juice, beef stock, vinegar and soy sauce. Mix well. Cook on HIGH for 4 minutes. Stir and add pineapple pieces. Cook on HIGH for a further 2 to 3 minutes. Stir well.

## Curried Beef Loaf MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 400 g | minced beef | 400 g |
| | salt and freshly ground black pepper | |
| 2 teaspoons | curry powder | 10 ml |
| 2 tablespoons | mango chutney | 30 ml |
| 1 | onion, peeled and finely chopped | |
| 1 cup | fresh bread crumbs | 250 ml |
| 1 | egg, beaten | 1 |

**Method:**
Mix the mince with seasonings, curry powder, chutney, onion and bread crumbs and bind together with the egg. Turn into a well greased 500 g loaf tin and press down. Cook on Combination 1 for 40 to 45 minutes.

**HINT:**For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.

## Saucy Meatloaf C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | minced beef | 500 g |
| 1/2 | onion, finely chopped | 1/2 |
| 1 cup | bread fresh crumbs | 250 ml |
| 1/2 | capsicum, finely chopped | 1/2 |
| 2 tablespoon | parsley, finely chopped | 30 ml |
| 2 tablespoon | Worcestershire sauce | 30 ml |
| 1 | egg | 1 |
| 1 | beef stock cube | 1 |
| 1/2 teaspoon | mixed herbs, dried | 2 ml |
| | salt. pepper to taste | |

**Sauce:**

| | | |
|---|---|---|
| 1/2 cup | tomato sauce | 125 ml |
| 1 teaspoon | mustard | 5 ml |
| 1/4 cup | brown sugar | 60 ml |

**Method:**
Mix meatloaf ingredients together. Place in loaf pan. Preheat oven to Convection 180°C Cook at 180°C oven for 30 minutes.
**Sauce:** Mix sauce ingredients together, pour over meatloaf and cook for a further 10 minutes.

## Chilli Beef R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | topside mince | 500 g |
| 1 | onion, diced | 1 |
| 1 teaspoon | minced garlic | 5 ml |
| 35 g pkt | chilli seasoning mix | 35 g |
| 1 can (400 g) | tomato puree | 1 can (400 g) |
| 1 can (440 g) | red kidney beans, well drained | 1 can (440 g) |

**Method:**
Combine all ingredients in a 2-litre casserole dish. Cook on HIGH for 20 minutes, stirring once during cooking. Serve in taco shells with chopped tomatoes and shredded lettuce or with a salad and crusty bread.

## Seasoned Roast Lamb MC R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1.6 kg | leg of lamb | 1,6 kg |
| 1 tablespoon | seeded mustard | 15 ml |
| 1 tablespoon | rosemary | 15 ml |

**Method:**
Place lamb on a rack in a 3-litre dish. Brush with mustard sprinkle with rosemary. Cook on Combination 6 for 50 to 60 minutes. Turn halfway through cooking. Stand covered for 10 minutes before slicing.

## Pepper Pot Beef MC R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 teaspoon | minced garlic | 5 ml |
| 1 | red capsicum (pepper) cut into 2 cm cubes | 1 |
| 1 can (410 g) | peeled tomatoes | 1 can (410 g) |
| 500 g | cubed beef | 500 g |
| 1/4 cup | tomato paste | 60 ml |
| 1 tablespoon | Worcestershire sauce | 15 ml |
| 1 tablespoon | cracked black pepper | 15 ml |

**Method:**

Place all ingredients in a 3-litre casserole dish.

☛ **To Cook by Combination:** Cook on Combination 1 for 40 to 50 minutes, stirring halfway through cooking.

or

☛ **To Cook by Microwave:** Cook on MED HIGH for 35 to 40 minutes or until meat is tender. Stirring regularly. Serve with steamed rice.

## Beef Casserole Curry MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | oil | 15 ml |
| 1 | large onion, chopped | 1 |
| 1 | large tomato, chopped | 1 |
| 1/4 cup | curry paste | 60 ml |
| 1 tablespoon | flour | 15 ml |
| 1/2 cup | beef stock | 125 ml |
| 1 kg | chuck steak, fat removed and cut into 2 cm cubes | 1 kg |
| 1 tablespoon | malt vinegar | 15 ml |

**Method:**

Place oil, onion and tomato in a 3-litre casserole dish and cook on HIGH for 4 to 5 minutes. Stir in curry paste, flour and stock. Add remaining ingredients, stirring well.

☛ **To Cook by Microwave:** Cover and cook on MEDIUM for 40 to 50 minutes. Stir occasionally during cooking.

or

☛ **To Cook by Combination:** Cover and cook on Combination 1 for 40 to 50 minutes.

Serve with rice.

**HINT:**
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to 2 minutes.

## Veal Paprika MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 750 g | diced veal | 750 g |
| 250 g | mushrooms, sliced | 250 g |
| 1 cup | chicken stock | 250 ml |
| 1 | onion, finely chopped | 1 |
| 1 teaspoon | paprika | 5 ml |
| | salt and pepper | |
| 2 tablespoons | flour | 30 ml |
| 1 tablespoon | tomato paste | 15 ml |
| 1/2 cup | sour cream | 125 ml |

**Method:**

In a 3-litre casserole dish combine veal, mushrooms, 1/2 cup (125 ml) of the chicken stock, onion, paprika and salt and pepper.

☛ **To Cook by Microwave:** Cook on MED HIGH for 10 minutes, stirring once.

or

☛ **To Cook by Combination:** Cook on Combination 1 for 35 to 40 minutes.

Blend flour with remaining stock. Stir into veal with tomato paste and cook on HIGH for 2 to 3 minutes. Blend in sour cream. Serve.

## Veal and Pineapple Casserole MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 125 g | bacon, rind removed | 125 g |
| 750 g | veal steak, diced | 750 g |
| 2 tablespoons | seasoned flour | 30 ml |
| 2 | onions, sliced | 2 |
| 1 can (450 g) | pineapple pieces, drained | 1 can (450 g) |
| 2 tablespoons | parsley, finely chopped | 30 ml |
| 1/2 teaspoon | dried basil | 2 ml |
| 1 cup | tomato puree | 250 ml |
| 1 | chicken stock cube, crumbled | 1 |

**Method:**

Cut bacon into 3 cm pieces. Combine veal, bacon and remaining ingredients in a 3-litre casserole dish. Mix well and cover.

☛ **To Cook by Microwave:** Cook on MED HIGH for 30 to 35 minutes, stirring halfway through cooking.

or

☛ **To Cook by Combination:** Cook on Combination 1 for 40 to 45 minutes, stirring halfway through cooking.

## Lamb Chops with Spicy Sauce G

Serves: 4 to 6

**Ingredients:**

**Marinade:**

| | | |
|---|---|---|
| 1/4 cup | medium or dry sherry | 60 ml |
| 3 tablespoons | tomato paste | 45 ml |
| 2 tablespoons | lemon juice | 30 ml |
| 2 | cloves garlic, crushed | 2 |
| 1 teaspoon | chilli powder | 5 ml |
| 1 teaspoon | ground coriander | 5 ml |
| 1 teaspoon | ground ginger | 5 ml |
| 1 tablespoon | finely chopped fresh parsley | 15 ml |
| | freshly ground black pepper to taste | |
| 8 | lamb loin chops (approx. 800 g) | 8 |

**Method:**

Combine all marinade ingredients to form a thick mixture. Place chops in a single layer in a shallow dish and pour marinade mixture over. Allow to marinate for 1 to 2 hours. Preheat oven to Grill 1. Remove chops from marinade (reserving this mixture) and place chops on Spatter Shield. Cook on Grill 1 for 16 to 20 minutes, turning over halfway through cooking. Place marinade mixture into a jug and heat on HIGH for 1 to 2 minutes. Arrange chops on serving plate then pour the sauce over. Serve garnished with parsley or watercress.

## Rissoles G

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 500 g | topside mince | 500 g |
| 1 | onion, finely diced | 1 |
| 2 tablespoons | Tomato sauce | 30 ml |
| 2 tablespoons | Worcestershire sauce | 30 ml |
| 1 | egg | 1 |
| 1 teaspoon | mixed herbs | 5 ml |
| 1/2 cup | dry breadcrumbs | 125 ml |

**Method:**

Place all ingredients in a large bowl and mix well. Roll mixture into 14 to 16 patties. Preheat oven to Grill 1. Cook for 10 to 14 minutes. Turn halfway through cooking.

**HINT:**

To dry herbs, arrange 1/2 cup (125 ml) of leaves evenly on paper towel. Place a mug of water into the oven next to the herbs and cook on HIGH for 1 to 3 minutes, or until dry and crumbly. Check herbs frequently as timing may vary with different herbs. Please note that herbs dry and crumble on standing.

Rack of Lamb

## Rack of Lamb MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | rack of lamb (approx. 8 cutlets) | 1 |
| 1 | clove garlic, cut into slices | 1 |
| | rosemary | |

**Method:**

Score rack of lamb and insert slices of garlic under skin. Place lamb fat side down on on rack set in a dish. Sprinkle with rosemary. Cook on Combination 6 for 15 to 20 minutes, turning halfway through cooking. Stand for 5 minutes before carving.

## Roast Lamb MC A

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1/4 cup | apricot jam | 60 ml |
| 1.3 kg | leg of lamb | 1,2 kg |

**Method:**

- **To Cook by Microwave:** Place lamb fat side down on a rack set in a dish. Cook on MEDIUM for 30 to 35 minutes.

or

- **To Cook by Combination:** Place lamb fat side down on a rack set in a dish and cook on Combination 5 for 45 to 50 minutes.

or

- **To Cook by One Touch Cooking:** Place lamb fat side down on on a rack set in a dish and press **Lamb** pad, enter the weight, then press **Start** pad.

Turn halfway through cooking and brush with jam. Stand covered for 10 minutes before slicing. Serve with baked vegetables.

## Lambs Fry and Bacon

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 750 g | lamb fry | 750 g |
| 1/4 cup | flour | 60 ml |
| 250 g | bacon, rind removed and bacon cut into 2 cm strips | 250 g |
| 2 | onions, sliced | 2 |
| 1 tablespoon | butter | 15 ml |
| | ground black pepper | |
| 1 tablespoon | chopped parsley | 15 ml |

**Method:**
Soak lambs fry in water for 30 minutes, remove skin and cut liver into thin strips. Coat lambs fry with flour and shake of any excess. Place bacon and onion into 3-litre dish and cook on HIGH for 3 to 5 minutes. Remove and drain well on absorbent paper. Add half the butter to the dish and half the sliced lamb fry. Cook on HIGH for 2 to 4 minutes, stir halfway through cooking. Repeat with remaining butter and lambs fry. Return all the lambs fry to the dish and add bacon and onion, season with pepper and add parsley. Stir well. Cook on HIGH for 1 to 2 minutes and serve immediately.

## Irish Stew MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 600 g | lamb, cut into 2 cm cubes | 600 g |
| 1 | onion, sliced | 1 |
| 1 | carrot, peeled and sliced | 1 |
| 2 | potatoes, peeled and sliced | 2 |
| 1 | stalk celery, sliced | 1 |
| 500 ml | stock | 500 ml |
| 2 tablespoons | flour | 30 ml |
| 2 | bay leaves | 2 |
| 1/2 teaspoon | dried rosemary | 2 ml |

**Method:**
Trim excess fat off chops. Place all ingredients in 3-litre casserole dish.

☛ **To Cook by Microwave:** Cover and cook on MED HIGH for 20 to 25 minutes.

or

☛ **To Cook by Combination:** Cover and cook on Combination 1 for 40 to 45 minutes.

## Goulash MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 500 g | lamb chops | 500 g |
| 1 | onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| 1 tablespoon | butter or margarine | 15 ml |
| 1 tablespoon | flour | 15 ml |
| 2 tablespoons | tomato paste | 30 ml |
| 1/2 teaspoon | paprika | 2 ml |
| 1 | small capsicum (green/red pepper), cut into 2.5 cm cubes | |
| 1 cup | beef stock | 250 ml |
| 2 tablespoons | sour cream | 30 ml |

**Method:**
Trim fat and bones from meat and cut meat into 2 cm cubes. Place onion, garlic and butter or margarine in a 3-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add flour, tomato paste and paprika and cook on HIGH for a further 2 minutes. Add lamb, capsicum (pepper) and stock.

☛ **To Cook by Microwave:** Cover and cook on MED HIGH for 24 to 26 minutes.

or

☛ **To Cook by Combination:** Cover and cook on Combination 1 for 40 to 45 minutes. Stir in sour cream and serve.

Stir in sour cream and serve with vegetables.

## Barbecued Spare Ribs G

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | pork spare ribs | 1 kg |
| 3/4 cups | fruit chutney | 190 ml |
| 1/2 cup | tomato sauce | 125 ml |
| 1 tablespoon | soy sauce | 15 ml |
| 1 tablespoon | Worcestershire sauce | 15 ml |

**Method:**
Place all ingredients into a large pyrex bowl and mix well. Allow the spare ribs to marinate for several hours or overnight. Preheat oven to Grill 1. Cook for 20 to 25 minutes. Turn halfway through cooking. Serve with rice.

**HINT:**
To skin tomatoes, place 1 cup of hot tap water in a 2 to 3 cup jug or bowl and heat on HIGH for 1 1/2 minutes or until boiling. Add 1 tomato and heat for a further 20 to 30 seconds, remove and repeat procedure with remaining tomatoes. The skin will be loosened and easily removed.

## Roast Pork MC

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 2 to 2.25 kg | loin of pork, on bone | 2 to 2,25 kg |
| 2 teaspoon | salt | 10 ml |

**Method:**
Place pork skin side up on a rack set in a dish. Rub salt into rind of pork. Cook on Combination 5 for 1 hour 30 to 45 minutes, turning halfway. Stand for at least 10 minutes before carving.

## Apricot & Peach Rolled Pork C MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 2 kg | boneless pork roast | 2 kg |
| 1 | large onion, thinly sliced | 1 |
| 200 g | dried apricots, halved | 200 g |
| 200 g | dried peaches, quartered | 200 g |
| 1/2 | orange juice | 1/2 |
| 1/4 cup | slivered almonds | 60 ml |
| **Baste:** | | |
| 1/4 cup | oil | 60 ml |
| 1/4 cup | orange juice | 60 ml |
| 2 tablespoons | honey | 30 ml |

**Method:**
When purchasing pork roast, ask the butcher to remove rind from roast but leave fat intact. Ask also for the roast to be butterflied into 1 flat piece.

**To prepare the filling for the roast:**
Place the onion, apricots and peaches in a 2-litre pyrex dish with the orange juice. Cook on HIGH for 5 to 7 minutes. Allow to cool slightly and add almonds. Lay roast flat on a board and spread with filling. Roll roast up firmly and secure with string. Place the roast on Low Rack and brush with combined baste ingredients.

☛ **To Cook by Convection:** Preheat oven to 180°C. Cook at 180°C for 1 1/2 to 1 3/4 hours, basting several times during cooking.

or

☛ **To Cook by Combination:** Cook on Combination 5 for 1 to 1 1/4 hours.

Crackling may also be cooked with the roast. Cut the rind into small pieces, sprinkle with salt and cook for about 40 minutes or until crispy.

## Crispy Spinach Stuffed Pork MC

Serves: 6

**Ingredients:**

| | | |
|---|---|---|
| 1.8 kg | rolled pork | 1,8 kg |
| 1/2 | bunch spinach, washed and stalks removed | 1/2 |
| 1 | clove garlic, crushed | 1 |
| | juice of 1 lemon | |
| 1/4 cup | pine nuts | 60 ml |

**Method:**
Unroll pork on a flat surface. Place spinach leaves, garlic and lemon juice in a 3-litre casserole dish. Cook covered on HIGH for 3 to 4 minutes. Place spinach mixture on top of pork and sprinkle with pine nuts. Re-roll pork tightly and secure with string. Place pork on a rack set in a dish. Cook on Combination 5 for 1 1/4 to 1 1/2 hours. Stand covered for 10 minutes before carving.

## Italian Sausage and Pepper Casserole MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 4 cups | water | 1 litre |
| 1 1/2 cups | elbow macaroni | 375 ml |
| 500 g | Italian sausages or chipolatas | 500 g |
| 2 | large onions, diced | 2 |
| 2 | green capsicum (pepper), diced | 2 |
| 1 can (425 g) | tomato purée | 1 can (425 g) |
| 1/2 teaspoon | salt | 2 ml |
| 1/4 teaspoon | pepper | 1 ml |
| 1 teaspoon | Italian herbs | 5 ml |
| 1/3 cup | Parmesan cheese | 85 ml |

**Method:**
Place water in a 4-litre casserole dish. Cover and cook on HIGH for 10 minutes. Add macaroni, cover and cook on HIGH for 8 to 10 minutes. Stand covered for 5 minutes. Drain. Place sausages in a 3-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain, slice into 3 cm pieces. Set aside. Place onion and capsicum (pepper) in casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Stir in macaroni, sliced sausages, tomato purée, salt and pepper, herbs and half the Parmesan cheese. Cover and cook on Combination 1 for 20 minutes. Remove lid, stir, sprinkle over remaining Parmesan cheese. Cook as above for a further15 minutes.

## Lasagne C MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 250 g | precooked lasagne noodles | 250 g |
| 3 tablespoons | Parmesan cheese, extra | 45 ml |
| 3 tablespoons | grated Mozzarella cheese, extra | 45 ml |

**Meat Sauce:**

| | | |
|---|---|---|
| 750 g | topside mince | 750 g |
| 2 | onions, finely chopped | 2 |
| 150 g | mushroom, sliced | 150 g |
| 2 | cloves garlic, crushed | 2 |
| 2 tablespoons | dried mixed herbs | 30 ml |
| 1 can (425 g) | tomato purée | 1 can (425 g) |
| 1 cup | tomato paste | 250 ml |
| | salt and pepper | |

**Cheese Sauce:**

| | | |
|---|---|---|
| 3 tablespoons | butter | 45 ml |
| 3 tablespoons | flour | 45 ml |
| 1 cup | milk | 250 ml |
| 2 tablespoons | Parmesan cheese | 30 ml |
| 2 tablespoons | grated Mozzarella cheese | 30 ml |
| | ground black pepper | |

**Method:**
Place all meat sauce ingredients into a 3-litre casserole dish and mix well. Cover and cook on MED HIGH for 25 to 30 minutes, stirring halfway through cooking. Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add flour, stir and cook on HIGH for 20 to 30 seconds. Add milk, stirring, cook on HIGH for 2 minutes, stirring halfway through cooking. Add cheese and pepper and mix well. Place half of the meat sauce into a 4-litre casserole dish. Layer 5 sheets of lasagne noodles over meat sauce. Top with remaining meat sauce and another 5 sheets of lasagne noodles. Spread cheese sauce evenly over the noodles and sprinkle with extra Parmesan and Mozzarella cheese.

☛ **To Cook by Convection:** Preheat oven to 180°C. Place lasagne in oven and cook on 180°C for 30 to 40 minutes.

or

☛ **To Cook by Combination:** Cook on Combination 5 for 25 to 30 minutes or until golden brown.

Serve hot with a green salad and garlic bread.

**Tip:** To reheat one serve (300 g) of lasagne, heat on MED HIGH for 3 to 5 minutes.

## Roast Herb Chicken MC R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1.5 kg | chicken | 1,5 kg |
| 60 g | butter | 60 g |
| 1 tablespoon | chopped parsley | 15 ml |
| 1 tablespoon | chopped rosemary | 15 ml |
| | salt and pepper | |

**Method:**
Place butter in a 2-cup jug and cook on MED HIGH for 40 seconds. Add parsley and rosemary. Tie chicken legs together and brush with butter. Place breast side down in a dish. Cook on Combination 6 for 40 to 50 minutes. Turn halfway through cooking. Stand covered for 10 minutes.

## Stuffed Roast Chicken MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1.5 kg | chicken | 1,5 kg |
| 2 tablespoons | melted butter | 30 ml |
| | salt and pepper | |

**Stuffing:**

| | | |
|---|---|---|
| 1 tablespoon | butter | 15 ml |
| 1 | small onion, finely chopped | 1 |
| 2 | rashers bacon, rind removed and bacon finely chopped | 2 |
| 1 tablespoon | parsley, finely chopped | 15 ml |
| 1 teaspoon | mixed herbs | 5 ml |
| 1½ cups | cooked rice | 375 ml |
| 1 | egg | 1 |
| | salt and pepper | |

**Method:**
Clean and pat dry chicken with paper towel. Brush chicken with melted butter. Season chicken. Set aside. Place stuffing into chicken. Secure opening with tooth picks. Tie legs together with string. Place chicken breast side down on a rack set in a dish. Cook on Combination 6 for 50 to 60 minutes.

**To prepare stuffing:**
Melt butter in a 1-litre casserole dish on HIGH for 30 seconds. Add onion and bacon and cook on HIGH for 2 minutes. Add all remaining ingredients and mix well.

## Camembert Chicken MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1.5 kg | Chicken | 1,5 kg |
| 125 g | Camembert cheese, sliced thinly | 125 g |
| 25 g | butter, melted | 25 g |

**Method:**
Clean and pat dry chicken with paper towel. Using the back of a spoon, gently lift the skin away from the flesh of the bird on the breast. Place the slices of cheese under the skin. Brush chicken with butter. Place the chicken breast side up on a rack set in a dish, and cook on Combination 6 for 35 to 45 minutes, stand for 15 minutes before serving.

## Coq au Vin MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 | medium onion, finely chopped | 1 |
| 4 | slices streaky bacon, rinds removed, bacon chopped | 4 |
| 1 kg | chicken pieces | 1 kg |
| 125 g | button mushrooms, washed and dried | 125 g |
| 3/4 cup | hot chicken stock | 190 ml |
| 1/4 cup | red wine | 60 ml |
| 2 | cloves garlic, crushed | 2 |
| 20 g | butter, cut into pieces | 20 g |
| 1 teaspoon | mixed herbs | 5 ml |
| | freshly ground black pepper | |

**Method:**
Place onion and bacon into a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add remaining ingredients and combine well. Cover and cook on Combination 6 for 30 to 35 minutes. Remove lid, stir and rearrange chicken pieces. Continue to cook on Combination 6 for 15 to 20 minutes. Stand 10 minutes before serving.

**HINT:**
To cook pappadums: Place on a paper towel lined microwave safe plate. Cook on HIGH for 15 to 30 seconds for each pappadum, turn halfway through cooking. Allow to stand for 1 minute before serving.

Spicy Chicken Curry

## Spicy Chicken Curry

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoons | oil | 15 ml |
| 1 | onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| 1 teaspoon | finely grated root ginger | 5 ml |
| 2 teaspoons | ground coriander | 10 ml |
| 1/2 teaspoon | ground turmeric | 2 ml |
| 1 teaspoon | ground cumin | 5 ml |
| 1 teaspoon | chilli powder | 5 ml |
| 3 tablespoons | vinegar | 45 ml |
| 500 g | chicken breast fillets, cut into strips | 500 g |
| 1 cup | chicken stock | 250 ml |
| 1/4 cup | coconut cream | 60 ml |
| 1/4 cup | fruit chutney | 60 ml |

**Method:**
Place oil, onion, garlic and ginger in a 3-litre dish and cook on HIGH for 2 to 3 minutes. In a small bowl mix together spices and vinegar. Add to onion mixture and cook on HIGH for 1 to 3 minutes. Add chicken and stock to onion mixture. Cook on MEDIUM for 10 to 15 minutes. Before serving stir through coconut cream and fruit chutney. Serve with rice, pappadums and sambals.

## Chicken Pie C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | chicken thigh fillets,diced | 500 g |
| 60 g | butter | 60 g |
| 1 | onion, chopped | 1 |
| 1/4 cup | flour | 60 ml |
| 1 cup | milk | 250 ml |
| 100 g | mushrooms, sliced | 100 g |
| 1 tablespoon | mixed herbs | 15 ml |
| 1 teaspoon | prepared mustard | 5 ml |
| | pepper to taste | |
| 1/2 cup | grated Swiss cheese | 125 ml |
| 2 | sheets ready rolled puff pastry | 2 |

**Method:**
Place chicken into a 3-litre casserole dish and cook on MED HIGH for 5 to 6 minutes. Place butter and onion into a 2-litre dish and cook on HIGH for 2 to 3 minutes. Stir in flour and gradually add milk stirring constantly. Cook on HIGH for 2 to 3 minutes or until thick. Add mushrooms, herbs, mustard, pepper and cheese, mix well. Stir through chicken and set aside. Preheat oven to 200°C. Grease and line a 20 cm pie dish with one sheet of pastry. Add chicken filling and cover with other sheet of pastry. Trim edges. Cook on 200°C for 25 to 35 minutes.

## Pepper Chicken

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 2 tablespoons | butter | 30 ml |
| 4 | chicken breast fillets | 4 |
| 1 tablespoon | ground black pepper | 15 ml |
| 2 to 3 | cloves crushed garlic | 2 to 3 |
| 1 tablespoon | seeded mustard | 15 ml |
| 2 tablespoons | lemon juice | 30 ml |
| 1/2 cup | cream | 125 ml |

**Method:**
Preheat a browning dish on HIGH for 5 to 7 minutes. Flatten chicken fillets and press pepper onto each fillet. Add butter and garlic to browning dish with chicken and cook on MED HIGH for 6 to 8 minutes. Turn halfway through cooking. Remove chicken and add mustard, lemon juice and cream to dish, stir well. Replace fillets into dish and cook on MED HIGH for 1 to 2 minutes.

**HINT:**
The size of a chicken is the weight of the chicken. For example, a size 15 chicken weights 1.5 kg. (Australia only)

## Florentine Chicken MC

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1/4 cup | grated carrot | 60 ml |
| 1/4 cup | pine nuts | 60 ml |
| 100 g | spinach, cooked, drained and chopped finely | 100 g |
| 2 | cloves garlic, crushed | 2 |
| | pepper to taste | |
| 4 | half chicken breast fillets | 4 |
| 1 | egg, beaten | 1 |
| 1 tablespoon | water | 15 ml |
| | nutmeg | |
| 1 cup | bread crumbs, seasoned | 250 ml |

**Method:**
Make a stuffing by combining carrot, pine nuts, spinach, garlic and pepper. Pound chicken fillets till flat and even. Divide stuffing between the chicken breasts. Fold chicken breasts over the filling and secure with wooden toothpicks. Combine egg and water. Add a pinch of nutmeg to the bread crumbs. Dip each chicken breast into the egg mixture then into the bread crumbs. Place chicken in a shallow dish. Cook on Combination 6 for 30 to 35 minutes. Allow to stand for 10 to 15 minutes before serving.

## Chicken Tacos

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | butter | 15 ml |
| 2 | cloves garlic | 2 |
| 1 | large onion, chopped | 1 |
| 1 teaspoon | chilli powder | 5 ml |
| 35 g | packet taco seasoning mix | 35 g |
| 500 g | chicken tenderoins, cut into small pieces | 500 g |
| 1 can | red kidney beans, mashed in liquid | 1 can |
| 1/2 cup | tomato paste | 125 ml |
| 1 | capsicum (pepper), diced | |
| 1 cup | grated cheese | 250 ml |
| 12 | taco shells | 12 |

**Method:**
Place butter, garlic and onion in a 3-litre dish and cook on HIGH for 1 to 2 minutes. Add chilli powder, taco seasoning and chicken, and cook on MED HIGH for 6 to 8 minutes, stirring once during cooking. Add kidney beans, tomato paste, and capsicum, and cook on MED HIGH for 6 to 8 minutes. Serve in heated taco shells topped with grated cheese.

## Honey Sesame Drumsticks R

Serves: 3 to 4

**Ingredients:**

| | | |
|---|---|---|
| 8 | chicken drumsticks | 8 |
| 1 teaspoon | chopped garlic | 5 ml |
| 1 teaspoon | chopped ginger | 5 ml |
| 1/4 cup | soy sauce | 60 ml |
| 1/4 cup | honey | 60 ml |
| 2 tablespoons | sesame seeds | 30 ml |

**Method:**
Place all ingredients in a 2-litre bowl, stir until combined. Marinate for at least 2 hours or overnight. Remove chicken from marinade and place in a pie plate with meatiest ends to the outside. Cook on MED HIGH for 18 to 22 minutes, turning once during cooking.

## Chicken Curry R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, chopped | 1 |
| 1 to 2 tablespoons | Thai red curry paste | 15 to 30 ml |
| 500 g | chicken fillets, chopped | 500 g |
| 2 cups | finely sliced vegetables | 500 ml |
| 1 cup | coconut milk | 250 ml |

**Method:**
Place onion and curry paste in a 3-litre casserole dish and cook on HIGH for 2 to 3 minutes. Add chicken and cook on MED HIGH for 6 to 8 minutes, stirring once during cooking. Add vegetables and coconut milk, and cook on HIGH for 4 to 6 minutes. Serve with boiled jasmine rice sprinkled with peanuts.

## Soy Chicken and Vegetables R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | cornflour | 15 ml |
| 1/3 cup | soy sauce | 85 ml |
| 1/4 cup | water | 60 ml |
| 2 teaspoons | minced ginger | 10 ml |
| 500 g | chicken fillets, sliced | 500 g |
| 2 cups | sliced vegetables | 500 ml |

**Method:**
Place cornflour, soy sauce, water and ginger in a 3-litre casserole dish and mix well. Cook on HIGH for 1 or 1 1/2 minutes. Add chicken to dish and cook on MED HIGH for 6 to 7 minutes. Add vegetables and stir. Cook on HIGH for 3 to 4 minutes. Serve with boiled or fried rice.

**HINT:**
To toast coconut, place 1 cup of coconut in a pyrex pie plate, and cook on HIGH for 4 to 6 minutes, stirring every 2 minutes.

Chinese Chicken Wings

## Chinese Chicken Wings MC

Makes: 16

**Ingredients:**

| | | |
|---|---|---|
| 16 | chicken wings (approx. 1.2 kg) | 16 |
| 1/2 cup | bottled teriyaki sauce | 125 ml |
| 2 tablespoons | tomato sauce | 30 ml |
| 1 tablespoon | Worcestershire sauce | 15 ml |
| 1 | clove garlic, crushed | 1 |
| 2 tablespoons | honey | 30 ml |

**Method:**
Place chicken wings in a 3-litre dish. Add all remaining ingredients. Stir well. Cover and leave to marinate overnight.

☛ **To Cook by Microwave:** Remove marinade and cook on MED HIGH for 20 to 25 minutes. Stir halfway through cooking.

or

☛ **To Cook by Combination:** Arrange chicken wings in a shallow dish and brush with marinade. Cook on Combination 6 for 20 to 22 minutes, turning over halfway through cooking and rebrushing with marinade.

**HINT:**
When preparing dishes with sliced or chopped vegetables and meat, ensure that the ingredients are chopped evenly. This ensures the food will cook evenly.

## Chicken and Potato Casserole

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | chicken, cooked | 1 |
| 500 g | potatoes, peeled and thinly sliced | 500 g |
| 1/4 cup | water | 60 ml |
| 30 g | butter | 30 g |
| 1 | onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| 2 tablespoons | plain flour | 30 ml |
| 1 cup | chicken stock | 250 ml |
| 1 teaspoon | French mustard | 5 ml |
| 1/2 cup | cream | 125 ml |
| 3/4 cups | grated tasty cheese | 190 ml |
| | paprika | |

**Method:**
Remove chicken meat from bones. Place potatoes and water in a 2-litre casserole dish. Cover and cook on HIGH for 8 to 10 minutes. Drain. Combine chicken and potatoes. Set aside. Place butter in a 4-cup (1 litre) glass jug and cook on HIGH for 1 minute. Add onion and garlic to jug and cook on HIGH for 1 to 2 minutes. Add flour and stir. Gradually add stock and blend to a smooth paste. Cook on HIGH for 2 to 3 minutes. Add mustard and cream. Stir well. Pour sauce over chicken and potato mixture. Sprinkle with cheese and paprika. Cook on MED HIGH for 4 to 6 minutes. Serve with vegetables.

## Chicken Cacciatore R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 can (440 g) | tomatoes | 1 can (440 g) |
| 1/4 cup | tomato paste | 60 ml |
| 1 teaspoon | minced garlic | 5 ml |
| 1 | sliced onion | 1 |
| 2 teaspoons | dried oregano | 10 ml |
| 1 kg | chicken drumstick | 1 kg |

**Method:**
In a 2-litre dish combine all ingredients. Cook on MED HIGH for 30 minutes turning halfway through cooking.

## Chicken & Pinenut Triangles C

Serves: 16

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, finely diced | 1 |
| 1 tablespoon | butter | 15 ml |
| 200 g | chicken mince | 200 g |
| 1 tablespoon | mixed herbs | 15 ml |
| 2 teaspoons | cracked black pepper | 10 ml |
| 1/4 cup | sour cream | 60 ml |
| 1/4 cup | pinenuts | 60 ml |
| 16 sheets | filo pastry | 16 sheets |
| 125 g | butter, melted | 125 g |

**Method:**
Place onion and butter in a 2-litre casserole dish and cook on HIGH for 1 to 2 minutes. Add chicken, mixed herbs and cracked black pepper and cook on MED HIGH for 4 to 6 minutes. Add sour cream and pinenuts and set aside.
Preheat oven to 200°C. Take one sheet of filo pastry and fold in half lengthwise. Brush tops with melted butter. Place a tablespoon of filling on the bottom corner of strip. Fold corner over filling to form a triangle and continue folding until the triangle is completed. Continue with remaining ingredients, brush tops with butter and cook on Convection for 10 to 15 minutes or until puffed and golden.

## Italian Chicken Casserole MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | oil | 15 ml |
| 1 | clove garlic, crushed | 1 |
| 6 | chicken pieces | 6 |
| 250 g | baby onions or 4 small peeled and left whole | 250 g |
| 1 can (425 g) | tomatoes | 1 can (425 g) |
| 1/4 cup | tomato paste | 60 ml |
| 1/2 teaspoon | marjoram | 2 ml |
| 1/2 teaspoon | oregano | 2 ml |
| 100 g | button mushrooms | 100 g |
| 20 | black olives | 20 |
| 2 tablespoons | chopped parsley | 15 g |
| | salt and pepper | |

**Method:**
Place all ingredients into a 3-litre casserole dish and mix well. Cover. Cook on Combination 4 for 45 to 50 minutes. Stir halfway through cooking.

## Peanut Satay G

Serves: 4

**Ingredients:**

**Marinade:**

| | | |
|---|---|---|
| 1/2 teaspoon | caraway seeds | 2 ml |
| 1 teaspoon | ground coriander | 5 ml |
| 1 | clove garlic, crushed | 1 |
| 1 tablespoon | brown sugar | 15 ml |
| 1 tablespoon | soy sauce | 15 ml |
| 1 tablespoon | lemon juice | 15 ml |
| | pinch of salt | |
| 750 g | boneless chicken, cut into 2.5 cm cubes | 750 g |
| | bamboo skewers | |

**Satay Sauce:**

| | | |
|---|---|---|
| 3 | red chillies, seeded and finely chopped | 3 |
| 2 | cloves garlic, crushed | 2 |
| | 1 cm piece ginger, grated | |
| 1 teaspoon | salt | 5 ml |
| 1/2 cup | peanut butter | 60 ml |
| 1 cup | water | 250 ml |
| 1/4 cup | sultanas | 60 ml |
| 1/4 cup | raisins | 60 ml |
| 1/2 cup | vinegar | 125 ml |
| 1/2 cup | sugar | 125 ml |
| 1/2 cup | peanuts | 125 ml |
| 1/2 cup | coconut milk | 125 ml |

**Method:**

Combine all marinade ingredients in a bowl with chicken meat and marinate for at least 2 to 3 hours. Combine all sauce ingredients except coconut milk in a 6-cup (1,5 litres) jug and cook on HIGH for 8 to 10 minutes, stirring halfway through cooking. Add coconut milk. Purée sauce in a blender or food processor. Set aside. Thread chicken cubes onto bamboo skewers. Place chicken skewers on Spatter Shield and Oven Pan and cook on Grill 1 for 12 to 15 minutes, or until cooked, turning once during cooking. Serve with satay sauce.

**Tip:** To reheat sauce: Cook on HIGH for 1 to 2 minutes.

**HINT:**

A No.15 (1.5 kg) chicken will make 4 cups of diced cooked chicken.

2 whole breasts will make 2 cups of diced cooked chicken.

1 chicken maryland will make 1 cup of diced cooked chicken.

## Apricot Nectar Chicken MC R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 40 g | pkt French onion soup mix | 40 g |
| 200 ml | apricot nectar | 200 ml |
| 1 kg | chicken drumsticks | 1 kg |

**Method:**

In a 2-litre dish mix soup, nectar, and chicken together. Cook on Combination 6 for 40 minutes. Turn halfway through cooking. Remove chicken pieces to a serving platter. Stir sauce and serve spooned over chicken.

## Plum Glazed Quails

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 4 | quails | 4 |
| 1/2 cup | cooked long grain rice | 125 ml |
| 1 tablespoon | chopped shallots (spring onions) | 15 ml |
| 1 tablespoon | finely chopped basil | 15 ml |
| 2 tablespoons | chopped shelled pistachio nuts | 30 ml |
| | pinch of thyme | |
| | pinch of cayenne pepper | |
| 1/4 teaspoon | minced ginger | 60 ml |
| 1 teaspoon | milk | 5 ml |
| 1 tablespoon | plum jam | 15 ml |
| 1 tablespoon | Hoi-sin sauce | 15 ml |
| 2 tablespoons | butter | 30 ml |
| 1 can (250 g) | satsuma plums, drained and seeds removed | 1 can (250 g) |
| 1/4 cup | red wine | 60 ml |

**Method:**

Wash, clean and pat dry quails. In a 1-litre dish, combine rice, shallots (spring onions), basil, pistachio nuts, thyme, cayenne, pepper, ginger and milk. Mix well and place a1/4 of the mixture into the cavity of each quail. Tie the legs together and place quails into a shallow 2-litre dish. Set aside. In a 2-cup (500 g) jug, combine plum jam, hoi-sin sauce and butter. Cook on HIGH for 30 to 40 seconds. Brush jam mixture over quails and cook on MED HIGH for 10 to 14 minutes, brush with glaze halfway through cooking. Cover and allow to stand for 5 minutes whilst preparing the sauce. Puree plums with wine and heat in a 2-cup (500 ml) jug on HIGH for 1 to 2 minutes. Pour sauce over quails and serve with vegetables or salad garnished with extra pistachio nuts.

Roast Turkey

## Roast Honey Duck with Orange Sauce MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1.5 kg | duck | 1,5 kg |
| 3 tablespoon | honey | 45 ml |
| 1 tablespoon | orange liqueur | 15 ml |
| 1 tablespoon | vinegar | 15 ml |
| **Sauce:** | | |
| | juice of 2 oranges | |
| | rind of 1 orange | |
| 1/4 cup | water | 60 ml |
| 1 tablespoon | brown sugar | 15 ml |
| 1 tablespoon | vinegar | 15 ml |
| 1 tablespoon | orange liquer | 15 ml |

**Method:**

Clean and pat dry duck with paper towel. Pierce skin at 2 cm intervals with a fork. Place duck onto a rack set into a 2-litre casserole dish. Cook on Combination 5 for 30 to 40 minutes. Brush the combined honey, liqueur and vinegar over the duck and cook for a further 10 minutes or until duck is golden brown. Stand while preparing sauce.

**Sauce:**

Place all ingredients except rind, vinegar and liqueur in a 2-cup (500 ml) jug. Cook on HIGH for 1 1/2 to 2 minutes. Add vinegar and liqueur and cook on HIGH for a further 30 seconds. Pour sauce over duck, sprinkle with rind and serve.

**HINT:**
For an added touch at dinner parties, steam your own hand towels. Saturate in cold water, wring and place on a plate. Heat on HIGH for 1 to minutes.

## Roast Turkey MC

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 2.5 to 2.8 kg | turkey | 2,5 to 2,8 kg |
| 60 g | butter | 60 g |
| 1 | stick celery, finely sliced | 1 |
| 1 | small onion, finely chopped | 1 |
| 2 | small cooking apples, peeled and grated | 2 |
| 2 cups | fresh bread crumbs | 500 ml |
| 2 tablespoons | brandy | 30 ml |
| 1 tablespoon | parsley, finely chopped | 15 ml |
| 1 | egg | 1 |
| | salt and pepper | |
| 2 tablespoons | brandy, extra | 30 ml |
| 1 tablespoon | oil | 15 ml |
| | lemon pepper or seasoned salt | |

**Method:**

Clean and pat dry turkey with paper towel. Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add celery, onion and apples and cook on HIGH for 5 minutes. Add bread crumbs, parsley, egg, salt and pepper. Mix well and stuff mixture into cleaned turkey. Pierce skin of turkey with a fork. Secure legs of turkey with string. Brush with oil. Sprinkle with lemon pepper or seasoned salt.

☛ **To Cook by Microwave:** Place turkey on a rack set in a 3-litre dish. Cook on MED HIGH for 60 to 70 minutes. Stand covered for 10 to 15 minutes before carving.

or

☛ **To Cook by Combination:** Place turkey on a rack set in a dish. Cook on Combination 5 for 60 to 65 minutes. Stand 10 to 15 minutes before carving.

## Sweet Chilli Wingettes G

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 750 g | chicken wingettes | 750 g |
| 1/3 cup | sweet chilli sauce | 85 ml |
| 2 tablespoons | soy sauce | 30 ml |
| 2 tablespoons | lime juice | 30 ml |
| 2 tablespoons | chopped fresh coriander | 30 ml |

**Method:**

Combine all ingredients in a 3-litre casserole dish. Allow to marinate in refrigerator for 1 to 2 hours. Preheat oven to Grill 1. Cook for 20 to 25 minutes, turning halfway through cooking.

## Directions for Cooking Vegetables by Microwave

### Fresh Vegetables

Place vegetables in a casserole dish. Add 2 to 3 tablespoons (30 to 45 ml) of water per 500 g of vegetables. Add salt to water or add after cooking. Do not place salt directly on vegetables. Cover dish with glass lid or plastic wrap. Cook on HIGH according to time recommended in charts. Halfway through cooking, stir, turn vegetables over or rearrange, if required. Vegetables that are to be cooked whole and unpeeled, need to be pierced to allow steam to escape. Place vegetables on a paper towel lined dinner plate. Allow to stand covered according to the time indicated in the charts.

### Frozen Vegetables

Remove vegetables from package and place in an appropriate sized container. Vegetables frozen in pouch should be placed in a dish and the top pierced. Cook on HIGH according to directions given in chart. Vegetables should be cooked covered with a lid or plastic wrap.

### Dried Beans or Peas

Place hot tap water, in a 4-litre dish. Bring hot water to the boil on HIGH for 10 to 12 minutes.

**To Cook by Time:**
Add beans and 2 tablespoons (30 ml) oil to water. Cook according to directions in chart. Stir.

**Note:** Beans such as red kidney beans and lima beans should be soaked overnight before cooking. 250 g of dried beans equals about 3 cups (750 ml) cooked. Use in place of canned beans. Allow to stand, covered, for 15 to 20 minutes after cooking.

## Frozen Vegetables Chart

| Vegetable | Quantity | Cooking Procedure | Approximate Cooking Time (in min.) on HIGH power |
|---|---|---|---|
| Beans | 250 g | Cook in covered 2-litre dish. | 5 - 7 |
| Broad beans | 250 g | Cook in covered 2-litre dish. | 5 - 7 |
| Broccoli (spears) | 350 g | Cook in covered 2-litre dish. | 5 - 7 |
| Brussels Sprouts | 250 g | Cook in covered 2-litre dish. | 5 - 7 |
| Carrots (baby) | 250 g | Cook in covered 2-litre dish. | 6 - 8 |
| Cauliflower | 500 g | Cook in covered 2-litre dish. | 5 - 7 |
| Corn (1/2 cob)<br>Corn (cobs) | 1/2 cob (75 g)<br>250 g | Cook in covered 2-litre dish.<br>Cook in covered 2-litre dish. | 3 - 4<br>5 - 7 |
| Mixed vegetables | 250 g | Cook in covered 2-litre dish. | 5 - 7 |
| Peas | 250 g | Cook in covered 2-litre dish. | 5 - 7 |
| Spinach | 250 g | Cook in covered 2-litre dish. | 5 - 7 |

## Dried Beans and Peas Chart

| Item | Container | Amount of Hot Water | Approx. Time to Boil Hot Water on HIGH Covered (in mins.) | To Cook Beans on MED LOW Covered (in mins.) |
|---|---|---|---|---|
| Lentils (250 g) | 4-litre dish | 2 litre | 10 - 12 | 15 - 20 |
| Soup mix (250 g) | 4-litre dish | 2 litre | 10 - 12 | 15 - 20 |
| Split peas (250 g) | 4-litre dish | 2 litre | 10 - 12 | 20 - 25 |
| Beans (250 g) Soaked overnight | 4-litre dish | 2 litre | 10 - 12 | 25 - 30 |

## Fresh Vegetables Chart for Time Cooking

Vegetables should be covered and cooked on HIGH power for best results. Weights given are trimmed weights.

| Vegetable | Quantity | Cooking Procedure | Approximate Cooking Time (in min.) on HIGH power |
|---|---|---|---|
| Asparagus | 250 g | Covered dish with 1/2 cup (125 ml) water. | 4 - 6 |
| Beans (sliced)-finely | 250 g | Covered dish with 1/4 cup (60 ml) water. | 6 - 8 |
| Beets | 4 whole (1 kg) | Covered with 2 cups (500 ml) water in a 4-litre dish. Stand after cooking 5 mins. | 15 - 20 |
| Broccoli | 500 g | Flowerets only, in a covered dish with 1/4 cup (60 ml) water. | 6 - 8 |
| Brussels sprouts | 500 g | Covered dish with 1/4 cup (60 ml) water. | 4 - 6 |
| Cabbage | 500 g | Shredded, with 1/4 cup (60 ml) water in a covered dish. | 6 - 8 |
| Carrots | 4 (sliced finely) (225 g) | With 1/4 cup (60 ml) water in a covered dish. | 4 - 6 |
| Cauliflower | 500 g | Flowerets with 1/4 cup (60 ml) water in a covered dish. | 6 - 8 |
| Celery | 6 stalks (400 g) | Cut in 1 cm angled pieces with 1/4 cup (60 ml) water, in a covered dish. | 6 - 8 |
| Corn | 2 cobs (500 g)<br>4 cobs (1 kg) | Brush with melted butter and cook on a covered dish. | 4 - 6<br>8 - 10 |
| Eggplant | 1 (500 g) | Dice with 1/4 cup (60 ml) water in a covered dish. | 4 - 6 |
| Onions | 3 (200 g) | Cut in quarters with 1/4 cup (60 ml) water in a covered dish. | 6 - 8 |
| Mushrooms | 250 g (sliced) | Cook with 2 tablespoons (30 ml) butter in a covered dish. | 3 - 5 |
| Peas | 250 g | Shell peas and place with 1/4 cup (60 ml) water ina covered dish. | 4 - 6 |
| Potatoes mashed<br>jacket | 5 (500 g) | Peeled and quartered with 1/4 cup (60 ml) water. Prick skins, on paper towel lined plate, uncovered. | 10 - 12<br>8 - 10 |
| Pumpkin | 500 g | Peeled and cut into uniform pieces with 1/4 cup (60 ml) water in a covered dish. | 8 - 10 |
| Spinach | 250 g | Remove stem, cut leaves into small pieces. With 1/4 cup (60 ml) water in a dish, covered. | 4 - 6 |
| Sweet potato (kumara) | 500 g | In serving size pieces with 2 tablespoons (30 ml) butter in a covered dish. | 6 - 8 |
| Turnips | 500 g | Peeled and sliced finely with 1/4 cup (60 ml) water in a covered dish. | 6 - 8 |
| Tomatoes | 2 (300 g) | Sliced and cooked covered with 1 tablespoon (15 ml) butter in a dish. | 2 - 4 |
| Zucchini (courgette) | 500 g | Cut in 2 cm pieces in a covered dish. | 5 - 7 |

## Creamed Spinach A

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | bunch spinach, roughly chopped | 1 |
| 4 | shallots (spring onions), finely chopped | 4 |
| 1 | clove garlic, crushed | 1 |
| 2 tablespoons | sour cream | 30 ml |
| | salt and pepper | |

**Method:**
Wash and drain spinach leaves, shallots (spring onions) and garlic in a covered 3-litre casserole dish.

☛ **To Cook by Microwave:** Cook on HIGH for 6 to 8 minutes.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad.

Drain well by squeezing between two dinner plates. Toss through remaining ingredients. Season to taste. Cook on HIGH for 1 to 2 minutes. Serve.

## Broccoli and Cheese Sauce A

Serves: 2 to 3

**Ingredients:**

| | | |
|---|---|---|
| 250 g | broccoli, washed, trimmed and cut into florets | 250 g |
| 2 tablespoon | water | 30 ml |
| **Cheese Sauce:** | | |
| 2 tablespoons | butter | 30 ml |
| 2 tablespoons | flour | 30 ml |
| 1 cup | milk | 250 ml |
| 3/4 cups | grated cheese | 190 ml |
| 1/4 teaspoon | mustard | 1 ml |
| | salt and pepper | |

**Method:**
Place broccoli and water in a covered 2-litre casserole dish.

☛ **To Cook by Microwave:** Cook on HIGH for 6 to 8 minutes. Drain and set aside.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad. Drain and set aside.

Place butter in a 4-cup (1 litre) jug and cook on HIGH for 30 seconds. Add flour and mix well. Cook on HIGH for 20 to 30 seconds. Add milk gradually and stir well. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Add cheese, mustard, salt and pepper. Mix well. Pour sauce over broccoli and cook on MEDIUM for a further 1 minute.

## Fanned Potatoes C

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 50 g | butter | 50 g |
| 800 g | potatoes, peeled | 800 g |
| | salt | |
| | paprika | |

**Method:**
Melt butter in a 2-cup (500 ml) jug on HIGH for 1 to 2 minutes. Preheat oven to 200°C. Cut potatoes widthwise in thin slices, without cutting right through to the base. Place potatoes on Low Rack with cut side uppermost. Pour over melted butter. Sprinkle with salt and paprika. Cook on 200°C for 40 to 45 minutes, basting occasionally.

## Savoury Brussels Sprouts A

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 500 g | Brussels sprouts | 500 g |
| 2 tablespoons | butter | 30 ml |
| 150 g | bacon, rind removed and bacon finely chopped | 150 g |
| 1 | onion, finely chopped | |
| 1 teaspoon | dill or basil | 5 ml |
| 1 teaspoon | sugar | 5 ml |

**Method:**
Wash and drain Brussels sprouts. Place in a covered 2-litre casserole dish.

☛ **To Cook by Microwave:** Cook on HIGH for 4 to 5 minutes. Drain.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad. Drain.

Place remaining ingredients in a 2-litre casserole dish. Cook on HIGH for 3 to 5 minutes. Add Brussels sprouts and cook on HIGH 1 to 2 minutes. Serve.

## Herbed Grilled Mushrooms G

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 200 g | mushrooms | 200 g |
| 50 g | butter | 50 g |
| 1/4 teaspoon | oregano | 1 ml |
| 1/4 cup | chopped parsley | 60 ml |
| 1 | clove garlic crushed | 1 |
| | salt and pepper | |

**Method:**
Trim stalks off mushrooms. Mix together remaining ingredients in a small bowl. Dot mushrooms with butter mixture and place in a shallow dish. Preheat oven to Grill 1. Cook for 10 to 12 minutes, turning several times during cooking.

## Frittata

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 400 g | potatoes (approx. 4) thinly sliced | 400 g |
| 1 | onion, peeled and sliced | 1 |
| 1/2 | red capsicum (pepper), finely sliced | 1/2 |
| 1/2 | green capsicum, finely sliced | 1/2 |
| 1 | medium sized tomato, chopped | 1 |
| 2 tablespoons | chopped basil | 30 ml |
| 4 | eggs | 4 |
| 1/3 cup | sour cream | 85 ml |
| | salt and pepper | |
| 1/2 cup | grated tasty cheese | 125 ml |

**Method:**

Arrange potatoes and onion into a 2 litre flat dish, with 1 Tablespoon of butter. Cook on HIGH for 8-10 minutes. Prepare remaining vegetables. Preheat a browning dish on HIGH for 5 minutes. Beat together eggs and sour cream. Season with salt and pepper. Add extra butter and remaining vegetables to browning dish. Stir quickly.

Cook on HIGH for 5 minutes. Add vegetables on top of potatoes. Pour over egg and sour cream mixture. Cook on HIGH for 5 minutes. Sprinkle with cheese and cook on MEDIUM HIGH for extra 8-10 minutes. Allow to stand covered for 5 minutes before serving.

## Vegetable Casserole

Serves: 2 to 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, thinly sliced | 1 |
| 1 | carrot, thinly sliced | 1 |
| 1 | zucchini, thinly sliced | 1 |
| 1/2 teaspoon | ground coriander | 2 ml |
| 1/4 teaspoon | turmeric | 1 ml |
| 1 | chicken stock cube | 1 |
| 3/4 cups | hot tap water | 190 ml |
| 1 tablespoon | butter | 15 ml |
| 1 tablespoon | flour | 15 ml |

**Method:**

Place onion, carrot, zucchini, coriander, turmeric, stock cube, water and butter in a covered 2-litre casserole dish. Cook on HIGH for 5 to 7 minutes. Drain the liquid into a small bowl and blend with the flour. Mix well. Stir the flour mixture through the vegetables and cook on HIGH for 2 to 3 minutes. Stir and serve.

## Stuffed Tomatoes

Serves: 2

**Ingredients:**

| | | |
|---|---|---|
| 4 | tomatoes | 4 |
| 3/4 cup | fresh bread crumbs | 190 ml |
| 1/2 cup | grated cheese | 125 ml |
| 1 | small onion, finely diced | 1 |
| 1 | clove garlic, crushed | 1 |
| 2 tablespoon | shredded basil | 30 ml |
| | salt, pepper to taste | |
| 1/4 cup | extra cheese | 60 ml |

**Method:**

Cut tops off tomatoes. Scoop out pulp of tomato with a teaspoon. Mix pulp with remaining ingredients, except extra cheese. Place tomatoes in a one litre dish. Cook on HIGH for 2-3 minute. Spoon mixture back into tomato shells. Sprinkle with extra cheese. Cook on HIGH for 4-5 minutes.

## Herbed Vegetables R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 200 g | sliced snow peas | 200 g |
| 200 g | sliced carrots | 200 g |
| 200 g | sliced zucchini | 200 g |
| 2 tablespoons | chopped fresh parsley | 30 ml |

**Method:**

Place snow peas, carrots and zucchini in a 2-litre casserole dish, cover. Cook on HIGH for 6 to 7 minutes, stirring once during cooking. Sprinkle with parsley and serve.

## Oriental Vegetables

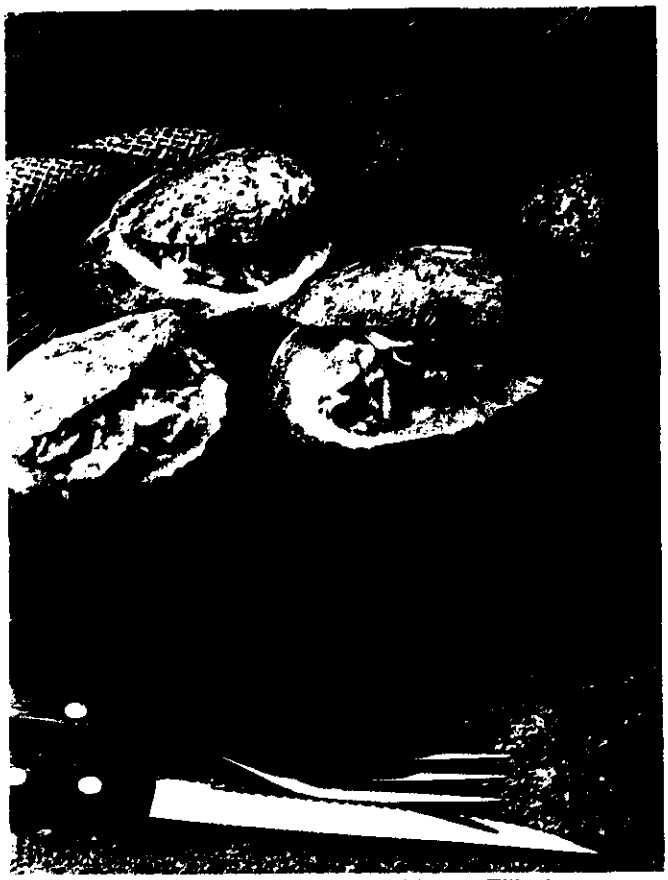
Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | diagonally sliced celery | 250 ml |
| 1 | large onion, cut into petals | |
| 1 | green capsicum (pepper), cut into 2.5 cm pieces | 1 |
| 1 | red capsicum (pepper), cut into 2.5 cm pieces | 1 |
| 1 cup | sliced mushrooms | 250 ml |
| 1 tablespoon | Hoi Sin sauce | 15 ml |
| 2 teaspoons | soy sauce | 10 ml |

**Method:**

Place vegetables in a 2-litre casserole dish and stir well. Cook on HIGH for 4 to 5 minutes, stirring halfway through cooking. Mix together sauces in 1 cup (250 ml) glass jug and cook on HIGH for 1 minute. Pour over hot vegetables and mix well.



Cheese and Ham Filled potatoes

## Cheese and Ham Filled potatoes R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 4 | medium sized potatoes | 4 |
| 100 g | ham, finely sliced | 100 g |
| 3 tablespoons | chopped chives | 45 ml |
| 40 g | butter | 50 g |
| 1/2 cup | grated Cheddar cheese | 125 ml |
| | ground black pepper | |

**Method:**
Please potatoes on a dinner plate. Cook on HIGH for 5 to 7 minutes. Stand for 2 to 4 minutes. Cut off potato tops and scoop out filling. Place filling in a bowl and mash with remaining ingredients. Spoon filling into potatoes. Cook on HIGH for 3 to 5 minutes.

## Cheesy Mashed Potatoes

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 500 g | potatoes, peeled and quartered | 500 g |
| 1/4 cup | water | 60 ml |
| 1/4 cup | milk | 60 ml |
| 1 tablespoon | butter | 15 ml |
| 1/4 cup | grated cheese | 60 ml |
| | pinch of nutmeg | |

**Method:**
Place potatoes and water into a 2-litre casserole dish. Cover and cook on HIGH for 6 to 10 minutes. Drain. Mash potatoes with a potato masher. Add remaining ingredients except nutmeg. Mix well. Cook on HIGH for 1 minute, sprinkle with nutmeg. Stir well before serving.

## Mini Baked Potatoes G R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 500 g | chat potatoes, halved | 500 g |
| | oil | |
| 1 tablespoon | dried thyme | 15 ml |

**Method:**
Place potatoes in a shallow dish. Brush with oil and sprinkle with thyme. Cook on GRILL 1 for 40 minutes, turning over and rearranging halfway through the cooking time.

## Jacket Potatoes

Makes: 2

**Ingredients:**

| | | |
|---|---|---|
| 2 | potatoes (approx. 250 g) | 2 |

**Method:**
Scrub potatoes, wash and pat dry with paper towel. Prick skin with a fork. Place potatoes on paper towel lined plate. Cook on HIGH for 4 to 6 minutes.
**Tip:** Add 1 tablespoon (15 ml) of butter and parsley if desired.

## Vegetable Curry R

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, sliced | 1 |
| 2 tablespoons | green curry paste | 30 ml |
| 3 cups | sliced vegetables | 750 ml |
| 1 can (440 g) | chick peas, drained | 1 can (440 g) |
| 1 cup | coconut milk | 250 ml |
| 1 tablespoon | lemon juice | 15 ml |
| 1 tablespoon | soy sauce | 15 ml |
| 1/2 cup | chopped nuts | 125 ml |

**Method:**
Place onion and curry paste in a 3-litre casserole dish. Cook on HIGH for 2 minutes. Add vegetables, chick peas, coconut milk, lemon juice and soy sauce. Cook on HIGH for 6 to 7 minutes. Sprinkle with chopped nuts. Serve with jasmine rice.

## Saute Mushrooms

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | butter | 15 ml |
| 400 g | mushrooms | 400 ml |
| 1 | clove garlic, crushed | 1 |
| | salt and pepper | |
| 2 tablespoons | chopped parsley | 30 ml |

**Method:**
Place butter in a 2-litre dish and cook on HIGH for 30 to 40 seconds. Add mushrooms, garlic, salt, pepper and parsley. Cover and cook on HIGH for 3 to 4 minutes. Stir halfway through cooking.

## Honey Glazed Carrots A

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | carrots (approx. 4) | 500 g |
| 2 tablespoons | brown sugar | 30 ml |
| 2 teaspoons | butter | 10 ml |
| 2 tablespoons | honey | 30 ml |

**Method:**
Peel and thinly slice carrots. Combine all ingredients in a 2-litre casserole dish.

☛ **Cook by Microwave:** Cover and cook on HIGH for 6 to 8 minutes. Serve.

or

☛ **To Cook by One Touch Cooking:** Prepare as above. Cover with a lid or plastic wrap. Press **Vegetables** pad, then press **Start** pad. Serve.

## Potato Casserole MC G R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 750 g | peeled and sliced potatoes | 750 g |
| 1 cup | sour cream | 250 ml |
| 1/4 cup | milk | 60 ml |
| 3 | shallots (spring onions), sliced | 3 |
| 2 | bacon rashers, chopped | 2 |
| 1/2 cup | grated cheese | 125 ml |

**Method:**
Combine potatoes, sour cream and milk in a 2-litre casserole dish. Cook on Combination 5 for 30 minutes. Top with shallots (spring onions), bacon and cheese and cook on Grill 1 for 10 minutes.

## Tomato and Onion

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 600 g | tomatoes, thinly sliced (approx. 3) | 600 g |
| 1 | onion, thinly sliced | 1 |
| 1/2 teaspoon | basil | 2 ml |
| | salt and pepper to taste | |

**Method:**
Place all ingredients into a 2-litre casserole dish. Cook covered on HIGH for 7 to 10 minutes. Serve with barbecued steak or grilled meat.

## Cabbage Ham and Onion A

Serves: 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | cabbage, shredded | 500 g |
| 2 tablespoons | water | 30 ml |
| 1 | onion, finely chopped | 1 |
| 1 tablespoon | butter | 15 ml |
| 125 g | ham, finely chopped | 125 g |
| | salt and pepper | |

**Method:**
Place cabbage and water in a 3-litre casserole dish.

☛ **To Cook by Microwave:** Cover and cook on HIGH for 10 to 12 minutes. Drain and set aside.

or

☛ **To Cook by One Touch Cooking:** Press **Vegetables** pad, then press **Start** pad. Drain and set aside.

Place onion and butter in a 1-litre casserole dish and cook on HIGH for 3 to 4 minutes. Add onion mixture and ham to cabbage and mix well. Return to oven and cook on HIGH for 2 to 3 minutes. Season with salt and pepper and serve.

## Crispy Jacket Potatoes MC

Serves: 4

Potatoes should always be pricked with a skewer to prevent bursting.

**Ingredients:**

| | | |
|---|---|---|
| 4 | equal sized potatoes (approx. 450 g) | 4 |
| | salt | |
| 4 tablespoons | sour cream | 1 litre |
| | snipped chive | |

**Method:**
Scrub potatoes, wash and pat dry with paper towel. Prick skin and rub each potato with salt. Place potatoes in a 2-litre casserole dish. Cook on Combination 5 for 30 to 35 minutes. With a sharp knife cut a cross in the top of each potato. Serve with sour cream and snipped chives.

## Stuffed Capsicum (Peppers)

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 4 | medium sized green capsicum (pepper), remove tops and seeds | 4 |
| 1 cup | cooked rice | 250 ml |
| 1/2 teaspoon | mixed herbs | 2 ml |
| 1 | onion, finely chopped | 1 |
| 1 cup | finely chopped ham or chicken | 250 ml |
| 1/4 cup | cream | 60 ml |
| | salt and pepper to taste | |
| 1/2 cup | grated tasty cheese | 125 ml |
| | paprika | |

**Method:**
Cook capsicum (pepper) in a 2-litre covered casserole dish on HIGH for 6 to 8 minutes. Drain off excess water. Combine rice, herbs, onion, meat, cream, salt and pepper. Mix well. Fill capsicum (pepper). Top with grated cheese. Cook, uncovered,

## Corn on the Cob

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 4 | cobs corn | 4 |
| 2 tablespoons | butter | 30 ml |
| | salt and pepper | |

**Method:**
Place corn cobs in a 3-litre casserole dish and dot with butter. Cook covered on HIGH for 12 to 14 minutes. Stand covered for 5 minutes. Season with salt and pepper.

## Curried Creamy Beans

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 2 cups | frozen green beans | 500 ml |
| 2 tablespoons | cream cheese | 30 ml |
| 2 tablespoons | sour cream | 30 ml |
| 2 | shallots (spring onions), finely sliced | 2 |
| 1/2 teaspoon | curry powder | 2 ml |
| 1/4 teaspoon | salt | 1 ml |

**Method:**
Place beans in a 2-litre casserole dish. Cover and cook on HIGH for 4 to 6 minutes. Drain and allow to stand, covered. Mix remaining ingredients in a jug or a small bowl. Pour over beans and mix well. Cook on HIGH for 30 to 60 seconds. Serve hot.

## Minted Peas

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | fresh peas, podded | 1 kg |
| 1 teaspoon | water | 5 ml |
| 1 teaspoon | butter | 5 ml |
| 1 tablespoon | chopped mint | 15 ml |
| | salt and pepper | |

**Method:**
Combine all ingredients in a 1 litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Stir and serve.

**Tip:** Frozen Peas can be substituted for fresh. 250 g of frozen peas will take 5 to 7 minutes on HIGH.

## Potato Wedges G R

Serves: 2 to 4

**Ingredients:**

| | |
|---|---|
| 500 g | potatoes, cut into wedges |
| oil for brushing | |

**Method:**
In a shallow dish place potato wedges and brush with oil. Cook on HIGH for 5 minutes. Place dish on Oven Rack. Set Grill 1 for 30 minutes.

## Tomato Vegetable Casserole R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 200 g | mushrooms, sliced | 200 g |
| 1 | eggplant, chopped | 1 |
| 200 g | zucchini, sliced | 200 g |
| 1 | capsicum (pepper), sliced | 1 |
| 1 | onion, sliced | 1 |
| 1 can (410 g) | tomatoes | 1 can (410 g) |
| 1/2 cup | tomato purée | 125 ml |
| 1 teaspoon | mixed herbs | 5 ml |
| 1 teaspoon | minced garlic | 5 ml |

**Method:**
Place mushrooms, eggplant, zucchini, capsicum (pepper) and onion in a 4-litre casserole dish. Cover and cook on HIGH for 6 to 8 minutes. Add tomatoes, tomato purée, herbs and garlic. Cover and cook on HIGH for 8 to 10 minutes.

## Directions for Cooking Rice and Other Grains by Microwave

Follow directions in chart on page 75 for recommended dish size, amounts of water and cooking time. Add grain to boiling water. Add salt and butter according to package directions.

Cook on HIGH for time recommended in chart. Allow to stand covered before serving.

For special rice, substitute beef or chicken stock for water. Add cooked onion, mushrooms or crumbled bacon before serving.

## Directions for Cooking Pasta by Microwave

Follow directions in the chart on page 75 for recommended dish size, amount of water and cooking time. Boil water, with 1 teaspoon (5 ml) salt and 1 tablespoon (15 ml) oil. Add pasta and cook for times recommended in the chart.

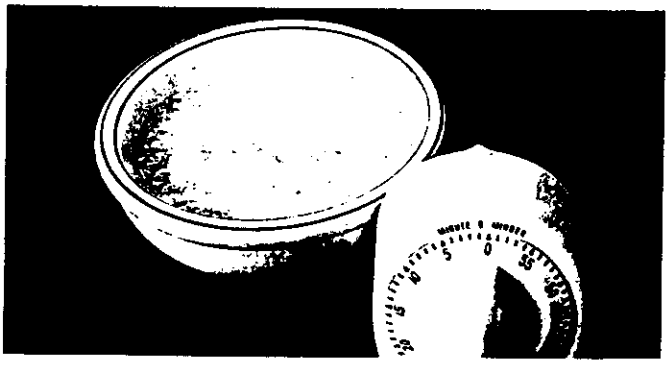
Cook on HIGH. Test pasta for desired cooking before adding more time. Slightly under cook pasta that will be heated again in casserole. Stir and let stand, uncovered for 5 minutes.

Drain and rinse before serving.

## Directions for Cooking Hot Cereal by Microwave

Combine 1/4 cup (60 ml) of quick cooking oats, pinch salt and 2/3 cups (165 ml) hot tap water in a breakfast bowl.

Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking.



Let stand 1 to 2 minutes before serving. Top as desired with sugar or spices.

## Directions for Cooking Rice and Other Grains by Microwave

| Item | Container | Amount of Boiling Water | Approx. Time to Cook Grain on HIGH Uncovered (in minutes) | Standing Time (in minutes) |
|---|---|---|---|---|
| RICE<br>Quick Cook<br>Brown (1 cup/250 ml) | 4-litre dish | 2 1/3 cups (1 litre) | 15 - 18 | |
| Brown (1 cup/250 ml) | 4-litre dish | 2 1/4 cups (560 ml) | 22 - 25 | 10 |
| Long grain (1 cup/250 ml) | 3-litre dish | 1 1/2 cups (375 ml) | 10 - 12 | 5 |
| Short grain (1 cup/250 ml) | 3-litre dish | 1 1/2 cups (375 ml) | 10 - 12 | 5 |
| JASMINE (1 cup/250 ml) | 3-litre dish | 1 1/2 cups (375 ml) | 12 - 14 | 5 |

## Directions for Cooking Pasta by Microwave

| Item | Container | Amount of Boiling Water | Approx. Time to Cook Pasta on HIGH Uncovered (in minutes) | Standing Time (in minutes) |
|---|---|---|---|---|
| Dried fettuccine (250 g) | 4-litre dish | 6 cups (1.5 litre) | 12 - 15 | 5 |
| Elbow macaroni, shells, etc. (250 g) | 3-litre dish | 4 cups (1 litre) | 12 - 15 | 5 |
| Fresh spaghetti, fettuccine (375 g) | 4-litre dish | 6 cups (1.5 litre) | 8 - 10 | 5 |
| Dried spaghetti (250 g) | 4-litre dish | 4 cups (1 litre) | 12 - 15 | 5 |
| Fresh tortellini, ravioli (375 g) | 4-litre dish | 4 cups (1 litre) | 10 - 12 | 5 |

## Fragrant Coconut Rice R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, finely chopped | 1 |
| 2 cups | long grain rice | 500 ml |
| 600 ml | chicken stock | 600 ml |
| 300 ml | coconut milk | 300 ml |
| 1 teaspoon | turmeric | 5 ml |

**Method:**

Place all ingredients in a 3-litre casserole dish. Cook on HIGH for 18 to 20 minutes. Stir and stand covered for 10 minutes.

## Cheesy Vegetable Tortellini

Serves: 3 to 4

**Ingredients:**

| | | |
|---|---|---|
| 700 g | fresh tortellini | 700 g |
| 8 cups | hot tap water | 2 litre |

**Sauce:**

| | | |
|---|---|---|
| 2 tablespoons | butter | 30 ml |
| 2 tablespoons | flour | 30 ml |
| 2 cups | milk | 500 ml |
| 1 cup | grated tasty cheese | 250 ml |
| | 1 red capsicum finely sliced | |
| 200 g | snow peas, finely sliced | 200 g |
| 1 teaspoon | dried marjoram | 5 ml |
| 1 teaspoon | cracked black pepper | 5 ml |

**Method:**

Place the pasta and water in a 3-litre pyrex casserole dish, cover and cook on HIGH for 12 to 15 minutes. While the pasta is cooking, prepare all the ingredients for the sauce. When the pasta is cooked, allow to stand covered. Place the butter and flour in a 3-litre pyrex casserole dish and cook on HIGH for 30 to 40 seconds. Slowly beat in the milk and cook for a further 3 to 4 minutes, stirring once during cooking. Add the prepared vegetables, marjoram, pepper and cheese. Cook on HIGH for 2 minutes. Drain the pasta and mix through the sauce. Serve topped with parmesan cheese and chopped parsley.

## Seasoned Rice R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, chopped | 1 |
| 1 cup | long grain rice | 250 ml |
| 1 teaspoon | thyme | 5 ml |
| 2 1/2 cups | chicken stock | 625 ml |
| 1/4 cup | slivered almonds | 60 ml |

**Method:**
In a 3-litre casserole dish place onion, rice, thyme and chicken stock. Cook on HIGH for 15 minutes and stir. Stand covered for 10 minutes. Stir in almonds. Serve hot.

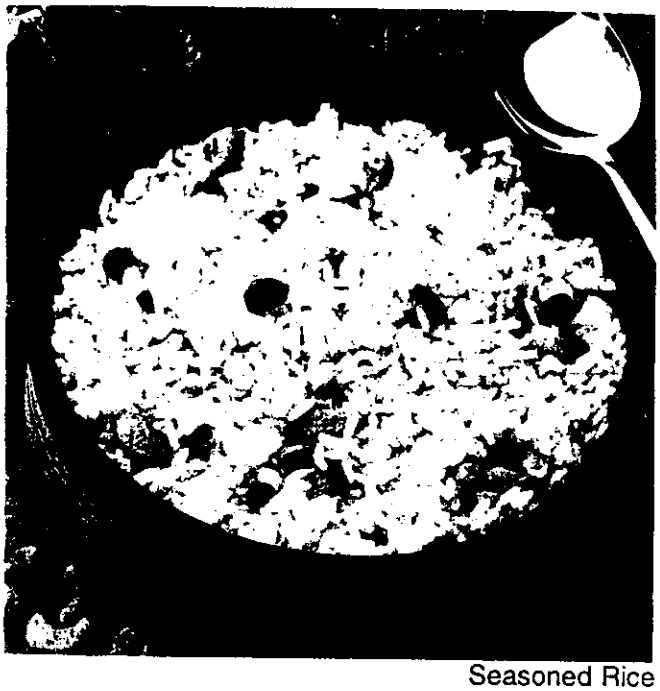
## Paella

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 500 g | mussels in shell | 500 g |
| 1/4 cup | water | 60 ml |
| 1 | green capsicum (pepper), sliced | 1 |
| 1 | red capsicum (pepper), sliced | 1 |
| 2 | onions, sliced | 2 |
| 1 | clove garlic, crushed | 1 |
| 2 tablespoons | butter | 30 ml |
| 2 cups | long grain rice | 500 ml |
| 1 can (440 g) | peeled tomatoes, roughly chopped | 1 can (440 g) |
| 1 1/2 cups | hot chicken stock | 375 ml |
| | pinch saffron powder | |
| 1 1/2 cups | cooked diced chicken | 375 ml |
| 200 g | peeled green prawns | 200 g |

**Method:**
Place mussels and water into a 3-litre dish, cover and cook on MED HIGH for 4 to 5 minutes. Set aside. Place onions, garlic and butter into a 4-litre dish and cook on HIGH for 4 to 5 minutes. Add rice and stir well. Cook on HIGH for 2 to 3 minutes. Stir in tomatoes, hot chicken stock and saffron. Cook on HIGH for 16 to 18 minutes. Stir in capsicum (pepper), chicken, prawns and mussels and cook on MED HIGH for 4 to 6 minutes. Stand for 5 minutes before serving.



Seasoned Rice

## Stir Fried Rice

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoon | vegetable oil | 15 ml |
| 1 | clove garlic, crushed | 1 |
| | 1 cm piece of green ginger, finely chopped | |
| 1 | small carrot, finely chopped | 1 |
| 1 | stick celery, sliced | 1 |
| 1/2 | green or red capsicum (pepper), cut in strips | 1/2 |
| 6 to 8 | medium mushrooms, sliced | 6 to 8 |
| 3 | shallots (spring onions), chopped | 3 |
| 2 | eggs | 2 |
| 1 | small can prawns (optional) | 1 |
| 1 to 2tablespoons | soy sauce | 15 to 30 ml |
| 2 cups | cooked brown rice | 500 ml |

**Method:**
Place oil, garlic and ginger in a large shallow dish and cook on HIGH for 1 to 2 minutes. Add carrot, celery and capsicum (pepper) and cook a further 3 minutes on HIGH. Break eggs into a small dish, add pepper to taste, mix well and cook on MED HIGH for 1 1/2 to 2 minutes. Slice into thin strips. Add eggs plus all remaining ingredients to vegetable mixture. Stir well and cook on HIGH for 3 to 5 minutes to heat thoroughly. Serve.
**Note:** 1 cup uncooked rice will yield 2 cups cooked.

Bacon and Onion Fettuccine

## Bacon and Onion Fettuccine

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 250 g | fettuccine | 250 g |
| 4 cups | hot tap water | 1 litre |
| 1 tablespoon | butter | 15 ml |
| 1 | onion, finely chopped | 1 |
| 1 | clove garlic, crushed | 1 |
| 3 | rashers bacon, rind removed and bacon chopped | 3 |
| 1/2 cup | cream | 125 ml |
| 1 tablespoon | grated Parmesan cheese | 15 ml |
| 2 tablespoons | finely chopped parsley | 30 ml |
| 1/2 teaspoon | freshly ground black pepper | 2 ml |
| 1/4 teaspoon | salt | 1 ml |
| 1 tablespoon | extra Parmesan cheese | 15 ml |

**Method:**

Place fettuccine and water in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes. Stand covered for 2 minutes. Drain. Place butter in a 2-litre casserole dish and cook on HIGH for 30 seconds. Add onion, garlic and bacon and cook on HIGH for 5 minutes. Add cream, Parmesan cheese, parsley, drained fettuccine and seasonings and mix well. Cook on HIGH for 2 minutes. Serve sprinkled with extra Parmesan cheese.

## Rice Salad

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 2 cups | long grain brown rice | 500 ml |
| 2 | shallots (spring onions), chopped | 2 |
| 1 | red capsicum (pepper), chopped | 1 |
| 2 | stalks celery, chopped | 2 |
| 1/3 cup | dates, stoned and chopped | 85 ml |
| 1/4 cup | blanched almonds | 60 ml |
| 1/4 cup | sunflower seeds | 60 ml |
| **Dressing:** | | |
| 2 tablespoons | oil | 30 ml |
| 2 tablespoons | unsweetened apple juice | 30 ml |
| 2 tablespoons | cider vinegar | 30 ml |
| 2 tablespoons | bran | 30 ml |
| 1 teaspoon | curry powder | 5 ml |
| 1 | clove garlic, crushed | 1 |
| | black pepper | |

**Method:**

Follow method for boiled brown rice recipe to cook rice. Drain rice and allow to cool. Combine with prepared ingredients. Prior to serving, pour dressing over.

**Salad dressing:**

Shake all ingredients in a screw top jar until well mixed.

## Chicken Risotto R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, sliced | 1 |
| 2 cups | short grain rice | 500 ml |
| 1 teaspoon | dried thyme | 5 ml |
| 1 teaspoon | cracked black pepper | 5 ml |
| 4 cups | chicken stock | 1 litre |
| 1/4 | green capsicum (pepper), sliced | 1/4 |
| 1/4 | red capsicum (pepper), sliced | 1/4 |
| 2 | sticks celery, sliced | 2 |
| 4 | shallots (spring onions), chopped | 4 |
| 2 | cooked sliced chicken fillets | 2 |
| 1/3 cup | toasted slivered almonds | 85 ml |

**Method:**

Place onion, rice, thyme, pepper and chicken stock in a 4-litre casserole dish. Cook on HIGH for 18 to 20 minutes. Add capsicum (peppers), celery, shallots (spring onions), chicken fillets and slivered almonds. Stir until combined and cook on HIGH for 4 minutes. Serve while warm.

## Pasta Salad

Serves: 4

**Ingredients:**

| | | |
|---|---|---|
| 225 g | pasta shapes, i.e. shells, twists | 225 g |
| 1 teaspoon | salt | 5 ml |
| 6 cups | boiling water | 1,5 litre |
| 1 tablespoon | oil | 15 ml |
| 45 g | butter | 45 g |
| 120 g | mushrooms, sliced | 120 g |
| 4 | shallots (spring onions), finely chopped | |
| 1 | small red capsicum (pepper), deseeded and cut in julienne strips | 1 |
| 1 | small green capsicum, deseeded and cut in julienne strips | 1 |
| 1/4 cup | salad oil | 60 ml |
| 3 tablespoons | malt vinegar | 45 ml |
| 1 tablespoon | tomato paste | 15 ml |
| 1 teaspoon | poppy seeds | 5 ml |
| 2 teaspoons | mixed dried herbs | 5 ml |
| | ground pepper to taste | |

**Method:**

Place pasta, salt, water and oil in a large bowl. Cook on HIGH for 8 to 10 minutes, then leave to stand, covered for 5 minutes.

Drain and leave to thoroughly cool. Place the butter in a bowl and cook on HIGH for 30 to 40 seconds to melt. Add the mushrooms and cook on HIGH for 1 1/2 to 2 minutes. Drain and leave to cool. When pasta and mushrooms are thoroughly cold place in a large bowl with shallots and capsicum. Put the salad oil, vinegar, tomato paste, poppy seeds, herbs and cracked pepper in a screw topped jar. Shake to thoroughly combine. Pour over the pasta mixture and stir until all the ingredients are coated with dressing. Chill well before serving.

## Pesto and Egg Noodles

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 6 cups | boiling water | 1,5 litre |
| 250 g | packet egg noodles | 250 g |
| 2 | cloves garlic, crushed | 2 |
| 1/2 cup | chopped fresh basil leaves | 125 ml |
| 1/4 cup | pine nuts, finely chopped | 60 ml |
| 1/2 cup | grated Parmesan cheese | 125 ml |
| 1 cup | olive oil | 250 ml |
| | salt and black pepper | |

**Method:**

Place water in a 3-litre casserole dish. Add egg noodles. Cook on HIGH for 6 to 8 minutes. Mix together garlic, basil, nuts and cheese. Gradually pour in olive oil, stirring constantly. Season and stir through drained noodles.

Pesto and Egg Noodles

**Tip:** Olive oil may be added to the sauce by placing all ingredients into a food processor and pouring through the opening in a constant fine stream.

## Chicken and Mushroom Pasta Sauce R

Serves: 6

**Ingredients:**

| | | |
|---|---|---|
| 30 g | butter | 30 g |
| 1 | onion, chopped | 1 |
| 1 | clove garlic, chopped | 1 |
| 2 tablespoons | flour | 30 ml |
| 1/2 teaspoon | mustard | 2 ml |
| 1 1/2 cups | milk | 375 ml |
| 1 cup | diced cooked chicken | 250 ml |
| 1 cup | sliced mushrooms | 250 ml |
| 1/2 cup | grated cheese | 125 ml |
| 2 tablespoons | chopped parsley | 30 ml |

**Method:**

Place butter, onion and garlic in a 3 litre dish. Cook on HIGH for 2 to 4 minutes. Stir in flour and mustard. Cook on HIGH for 1 minutes. Whisk in milk. Cook on HIGH for 2 to 3 minutes, stirring halfway through cooking. Mix in chicken, mushrooms, cheese and parsley. Cook on HIGH for 4 minutes, stirring halfway through. Serve with your favourite pasta.

## Caramel Banana Cake C

Makes: 1 x 20 cm ring cake

**Ingredients:**

| | | |
|---|---|---|
| 125 g | butter | 125 g |
| 3/4 cups | brown sugar | 190 ml |
| 2 | eggs, lightly beaten | 2 |
| 1 cup | mashed banana | 250 ml |
| 1 1/2 cups | self-raising flour | 375 ml |
| 1 teaspoon | bicarbonate of soda | 5 ml |
| 3/4 cups | sour cream | 190 ml |
| 1 tablespoon | milk | 15 ml |
| 1/2 cup | pecans, roughly chopped | 125 ml |

**Caramel Icing:**

| | | |
|---|---|---|
| 40 g | butter | 40 g |
| 1/2 cup | brown sugar | 125 ml |
| 2 tablespoons | sour cream | 30 ml |
| 1/4 cup | pecans, roughly chopped | 60 ml |
| 1 1/2 cups | icing sugar | 375 ml |

**Method:**
Preheat oven to 170°C. Cream butter and sugar until light and fluffy. Beat in eggs until combined. Stir in banana. Fold in sifted dry ingredients alternately with sour cream and milk. Stir in pecans. Pour into greased and lined 20 cm ring pan. Cook on Convection for 45 minutes or until cooked. When cool, spread with caramel icing.

**Caramel Icing:**
Melt butter and brown sugar on HIGH for 1 to 2 minutes. Heat until well combined. Do not boil. Add sour cream, stir in icing sugar. Spread over cooled cake. Decorate with pecans.

## Lemon Poppy Seed Pound Cake C

Makes: 1 x 19 x 9 cm loaf pan

**Ingredients:**

| | | |
|---|---|---|
| 125 g | butter | 125 g |
| 1 cup | caster sugar | 250 ml |
| 1 teaspoon | vanilla | 5 ml |
| 1 1/2 cups | self-raising flour | 375 ml |
| 1/2 cup | sour cream | 125 ml |
| 3 tablespoon | poppy seeds | 45 ml |
| 2 | eggs | 2 |

**Syrup:**

| | | |
|---|---|---|
| 1/4 cup | fresh lemon juice | 60 ml |
| 1/4 cup | sugar | 60 ml |

**Method:**
Preheat oven to 180°C. Cream butter and sugar together and vanilla until light and fluffy. Beat in eggs one at a time until combined. Stir in half the sifted flour, sour cream and poppy seeds. Repeat with remaining. Pour into a loaf pan. Bake in oven for 50-60 minutes, or until golden brown. Prick with a skewer and brush lemon syrup over cake, whilst still warm, and in the pan.

**Syrup:**
Combine sugar and lemon juice, heat on HIGH for 2 minutes, mix to dissolve sugar.

## Quick Mix Chocolate Cake

Makes: 1 x 20 cm ring cake

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | self-raising flour | 250 ml |
| 1 cup | caster sugar | 250 ml |
| 2 tablespoons | cocoa | 30 ml |
| 3 tablespoons | butter, softened | 45 ml |
| 2 | eggs | 2 |
| 1/3 cup | milk | 85 ml |

**Method:**
Sift all dry ingredients into a bowl, add butter, eggs and milk. Beat with a wire whisk for 1 to 2 minutes. Grease a 2-litre plastic ring mould and line with paper towel. Pour mixture into mould and cook on MED HIGH for 5 to 7 minutes. Stand covered for 5 minutes before turning out. Cool on a wire rack.
**Tip:** To soften butter cook on MEDIUM for 10 to 15 seconds.

## Chocolate Peppermint Slice C

Makes: 1 x 25 x 30 cm pan

**Ingredients:**

| | | |
|---|---|---|
| 2/3 cup | self-raising flour, sifted | 190 ml |
| 2 tablespoon | cocoa, sifted | 30 ml |
| 1/4 teaspoon | bicarbonate of soda | 1 ml |
| 1/3 cup | caster sugar | 85 ml |
| 30 g | butter | 30 g |
| 1/3 cup | water | 85 ml |
| 1 | egg | 1 |
| **Filling:** | | |
| 2 1/4 cup | icing sugar, sifted | 560 ml |
| 1 tablespoon | oil | 15 ml |
| 3 tablespoon | milk | 45 ml |
| 1/4 teaspoon | peppermint essence | 1 ml |
| **Topping:** | | |
| 130 g | chocolate | 130 g |
| 60 g | butter | 60 g |

**Method:**
Grease and paper line a 25cm x 30cm pan. Set aside. Place all ingredients in the bowl of an electric mixer, beat until combined Add egg, beat until combined. Place mixture in the base of the prepared dish. Bake on 180°C for 20 minutes. Leave to cool. Cover with peppermint filling, place in refrigerator until set. spread with topping, leave to set.

**Filling:**
Add all ingredients in a bowl, mix well. Place in microwave for 40 seconds, or until spreadable.

**Icing:**
Combine chocolate and butter in a bowl, cook on MEDIUM-HIGH for 3 minutes, or until melted, stirring occasionally.

## Cinnamon Tea Cake C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 60 g | butter | 60 g |
| 1 teaspoon | vanilla essence | 5 ml |
| 1/2 cup | caster sugar | 125 ml |
| 1 | egg | 1 |
| 1 cup | self-raising flour | 250 ml |
| 1/3 cup | milk | 85 ml |
| **Topping:** | | |
| 15 g | butter, melted | 15 g |
| 1 tablespoon | caster sugar | 15 ml |
| 1/2 teaspoon | ground cinnamon | 2 ml |

**Method:**
Grease and paper line a 20cm round cake pan. Set aside. Cream together butter and sugar. Gradually beat in sugar and egg. Stir in sifted flour and milk. Spread over base of prepared pan. Bake in at 180°C for 25 minutes. Allow to stand covered for 5 minutes before turning out to cool. Brush top of cake with topping.

**Topping:**
Combine all ingredients together, place in microwave on high for 1 minute or until the butter has melted.

## Date and Walnut Fudge

Makes: 25 slices

**Ingredients:**

| | | |
|---|---|---|
| 250 g | sweet biscuits, crushed | 250 g |
| 50 g | walnuts, chopped | 50 g |
| 100 g | dates, chopped | 100 g |
| 2 teaspoons | cocoa | 10 ml |
| 2 teaspoons | coffee powder | 10 ml |
| 175 g | dark chocolate, broken into pieces | 175 g |
| 1 can (400 g) | condensed milk | 1 can (400 g) |
| 1 teaspoon | vanilla essence | 5 ml |

**Method:**
Grease and line a 20 cm square dish. Mix biscuit crumbs, walnuts and dates in a bowl. Place remaining ingredients in a separate bowl and cook on MED HIGH for 2 to 3 minutes. Stir well. Pour melted mixture into dry ingredients and mix well. Press mixture into prepared dish. Smooth top and chill until set. Cut into squares.

## Chocolate and Coffee Truffles

Makes: Approximately 24

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | icing sugar | 250 ml |
| 4 tablespoons | cocoa | 60 ml |
| 1 tablespoon | instant coffee powder | 15 ml |
| 60 g | plain sweet biscuits, crushed | 60 g |
| 60 g | copra | 60 g |
| 1 teaspoon | vanilla essence | 5 ml |
| 1/2 cup | condensed milk | 125 ml |
| | chocolate sprinkles | |

**Method:**
Sift icing sugar, cocoa and coffee into a bowl. Add biscuits and mix until well combined. Place copra in a small bowl and cook on HIGH for 1 1/2 to 2 minutes. Cool copra slightly and add to dry ingredients. Mix well. Add vanilla and condensed milk, combine until mixture is thick. Chill for 30 minutes. Pinch off pieces to form balls slightly smaller than a walnut shell. Roll in chocolate sprinkles and chill.

## Rich Fruit Cake C

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | mixed dried fruit | 1 kg |
| 1/2 cup | sherry | 125 g |
| 1/2 cup | water | 125 g |
| 1/2 cup | orange juice | 125 g |
| 1cup | slivered almonds | 250 ml |
| 250 g | butter | 250 g |
| 1 cup | brown sugar | 250 ml |
| 2 teaspoons | cinnamon | 10 ml |
| 2 teaspoons | mixed spice | 10 ml |
| 3 | eggs lightly beaten | 3 |
| 1 tablespoon | golden syrup | 15 ml |
| 2 teaspoons | parisienne essence | 10 ml |
| 1 1/2 cups | plain flour | 375 ml |
| 1 teaspoon | baking powder | 5 ml |

**Method:**
Grease a deep 23 cm round cake pan. Line the base and sides with two thicknesses of greaseproof paper, bring the paper 5 cm above the edge of the pan. Combine fruit, almonds, butter, sugar, spices, sherry and water in a large bowl. Cook on HIGH for 15 minutes, stir half way through cooking. Allow to cook slightly. Add eggs, golden syrup and parisienne essence to fruit mixture, stir in remaining ingredients. Spread mixture evenly into the pan.

☛ **To Cook by Convection:** Preheat oven to 150°C. Cook on Convection for 1 1/5 to 1 1/2 hours or until cake is cooked. Cover cake with foil. Allow to cool in pan about 1 hour before turning onto a wire rack.

Muffins

## Banana and Pecan Muffins C

Makes: Approximately 12 to 15

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | self-raising flour | 250 ml |
| 1/2 cup | plain flour | 125 ml |
| 1/2 teaspoon | bicarbonate of soda | 2 ml |
| 1/2 cup | brown sugar, firmly packed | 125 ml |
| 1 | eggs, lightly beaten | 1 |
| 3/4 cups | milk | 190 ml |
| 3/4 cups | oil | 190 ml |
| 1/2 cup | mashed over-ripe bananas | 125 ml |
| 1/4 cup | chopped pecans | 60 ml |

**Method:**

Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over-mix, batter should be lumpy. Stir in banana and pecans. Pour into muffin tins. Cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a rack.

## Apricot Chocolate Chip Muffins MC R

Makes: 6

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | self-raising flour | 250 ml |
| 1/3 cup | caster sugar | 85 ml |
| 1/2 cup | chocolate bits | 125 ml |
| 1/2 cup | chopped dried apricots | 125 ml |
| 1 | egg | 1 |
| 1/3 cup | milk | 85 ml |
| 1/4 cup | oil | 60 ml |

**Method:**

Place all ingredients in a 2-litre dish. Stir until combine. Place mixture in a greased 6 muffin pan. Cook on Combination 6 for 15 minutes or until golden brown. Serve warm or cold.

## Apricot Pecan Muffins C

Makes: 12 to 15

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | self-raising flour | 250 ml |
| 1/4 cup | caster sugar | 60 ml |
| 1/2 teaspoon | baking powder | 2 ml |
| 1 | egg | 1 |
| 1/2 cup | milk | 125 ml |
| 60 g | butter, melted | 60 g |
| 1/2 cup | chopped dried apricots | 125 ml |
| 1/2 cup | roughly chopped pecans | 125 ml |

**Method:**

Sift dry ingredients into a bowl, stir in sugar, then combined egg, milk and melted butter, do not over mix, batter should be lumpy. Stir in apricots and pecans. Pour into a greased muffin pan.
Cook on 210°C for 18 to 20 minutes. Allow to stand before removing from pan. Cool on a rack.

## Apple Spice Muffins C

Makes: Approximately 12 to 15

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | self-raising flour | 250 ml |
| 1/2 cup | plain flour | 125 ml |
| 1/2 teaspoon | bicarbonate of soda | 2 ml |
| 1/2 cup | brown sugar, firmly packed | 125 ml |
| 1 | eggs, lightly beaten | 1 |
| 3/4 cups | milk | 190 ml |
| 1/3 cup | oil | 85 ml |
| 1 teaspoon | ground cinnamon | 5 ml |
| 1/2 cup | finely chopped apple | 125 ml |

**Method:**

Grease a muffin pan. Sift dry ingredients into a bowl, stir in sugar, then combined eggs, milk and oil, do not over mix, batter should be lumpy. Stir in cinnamon and apple. Pour into muffin pans.
Cook on 200°C for 20 minutes. Stand 2 minutes, remove from pan, cool on a wire rack.

## Lace Biscuits C

Makes: 18 to 20 biscuits

**Ingredients:**

| | | |
|---|---|---|
| 2 tablespoons | liquid glucose | 30 ml |
| 1/4 cup | brown sugar | 60 ml |
| 60 g | butter, melted | 60 g |
| 1/3 cup | plain flour | 85 ml |
| 60 g | almonds, finely chopped | 60 g |

**Method:**
Combine glucose and sugar in a 1-litre casserole dish. Cook on MEDIUM for 2 to 3 minutes. Add melted butter to glucose mixture. Stir in flour and almonds. Mix well. Preheat oven to 180°C. Place small teaspoonful of mixture 8 cm apart on a greased baking tray placed on Low Rack. Cook on 180°C for 8 to 10 minutes. Stand for 1 minute before removing biscuits from tray, to allow edges to firm for easier removal.
**Tip:** To make brandy snaps wrap hot biscuits around the handle of a wooden spoon and allow to cool. Fill centers with whipped cream.
**Note:** Liquid glucose is available at most health food shops.

## Oatmeal Sultana Cookies C

Makes: Approximately 20 to 30

**Ingredients:**

| | | |
|---|---|---|
| 125 g | butter | 125 g |
| 1 tablespoon | golden syrup | 15 ml |
| 1 cup | rolled oats | 250 ml |
| 1 cup | sultanas | 250 ml |
| 3 cup | self-raising flour | 750 ml |
| 1 cup | brown sugar | 250 ml |
| 2 | eggs | 2 |
| 1/2 cup | coconut | 125 ml |

**Method:**
Place butter and syrup in a 3-litre dish. Cook on MEDIUM-HIGH for 1 to 2 minutes or untill melted. Preheat oven to Convection 180°C. Add dry ingredients to melted butter and syrup, mix well. Place tablespoons of mixture onto greased baking trays, allow room for spreading. Cook in oven for 10-12 minutes, rotate trays half way through cooking time. Leave on trays for a few minutes to cool, transfer to wire racks.

**HINT:**
To soften cream cheese or butter, place in the oven on LOW for 1/2 to 1 minute per 1/2 cup (125 ml).

## Chocolate Chip Cookies C

Makes: 15 large cookies

**Ingredients:**

| | | |
|---|---|---|
| 125 g | butter | 125 g |
| 1/2 cup | brown sugar | 125 ml |
| 1/2 cup | caster sugar | 125 ml |
| 1/2 teaspoon | vanilla essence | 2 ml |
| 1 | egg | 1 |
| 1 1/2 cups | self-raising flour | 375 ml |
| 125 g | choc bits | 125 g |

**Method:**
Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour and chocolate bits. Place tablespoons of mixture on a greased baking tray placed on Low Rack. Cook on 180°C for 12 to 15 minutes or until golden brown.

## Cinnamon Crisps C

Makes: Approximately 25

**Ingredients:**

| | | |
|---|---|---|
| 60 g | butter | 60 g |
| 1/2 cup | caster sugar | 125 ml |
| 1 teaspoon | vanilla essence | 5 ml |
| 1 | egg | 1 |
| 3/4 cups | self-raising flour | 190 ml |
| 1 teaspoon | cinnamon | 5 ml |

**Method:**
Preheat oven to 180°C. Cream butter and sugar together until light and fluffy. Beat in vanilla and eggs until well combined. Fold in flour. Place tablespoons of mixture on a greased baking tray placed on Low Rack. Cook on 180°C for 12 to 15 minutes or until golden brown.

## Poppy Seed Biscuits C

Makes : Approximately 15

**Ingredients:**

| | | |
|---|---|---|
| 125 g | butter | 125 g |
| 1 cup | caster sugar | 250 ml |
| 1 tablespoon | grated lemon rind | 15 ml |
| 1 | egg | 1 |
| 1 tablespoons | lemon juice | 15 ml |
| 1 tablespoons | poppy seeds | 15 ml |
| 1 1/2 cups | self-raising flour | 375 ml |

**Method:**
Preheat oven to 180°C. Cream butter, sugar and lemon zest together until light and fluffy. Beat in eggs and lemon juice until well combined. Fold in poppy seeds and flour. Place tablespoons of mixture on a greased baking tray placed on Low Rack. Bake for 12 to 15 minutes until golden brown.

Apple Puffs

## Apple Puffs C

Makes: 2 slices

**Ingredients:**

| | | |
|---|---|---|
| 2 | apples, peeled & thinly sliced | 2 |
| 1/4 cup | sugar | 60 ml |
| 1 teaspoon | cinnamon | 5 ml |
| 125 g | cream cheese | 125 g |
| 2 tablespoon | icing sugar | 30 ml |
| 1 teaspoon | vanilla | 5 ml |
| 3 | sheets puff pastry | 3 |
| 1 | egg, beaten | 1 |
| 1/4 cup | sugar, extra | 60 ml |

**Method:**

Preheat oven to 180°C. Toss apples, sugar and cinnamon together. Set aside. Mix cream cheese, icing sugar and vanilla together. Spread cream cheese mixture over 1/2 of each pastry sheet. Top with apples. Fold pastry over filled pastry half and secure edges together. Make several cuts in the top of the pastry. Brush with beaten egg and sprinkle with sugar if desired. Bake for 20 to 25 minutes on a greased tray.

## Chocolate Brownies C R

Makes: 20 cm square pan

**Ingredients:**

| | | |
|---|---|---|
| 125 g | butter | 125 g |
| 200 g | dark chocolate, chopped | 200 g |
| 1 cup | caster sugar | 250 ml |
| 1 teaspoon | vanilla essence | 5 ml |
| 2 | eggs | 2 |
| 1 cup | plain flour | 1 |
| **Topping: (optional)** | | |
| 150 g | dark chocolate | 150 g |
| 1/4 cup | sour cream | 60 ml |

**Method:**

Grease and line a 20 cm square pan. In a 2-litre dish place butter and chocolate. Cook on HIGH for 1 to 2 minutes, stirring once. Stir in sugar, vanilla essence, eggs and flour. Spread into prepared dish. Cook on Convection 180°C for 30 to 40 minutes. Allow to cool, remove from pan and spread with prepared topping if desired. Cut into small squares.

**To Prepare Topping:**

Melt chocolate on MED HIGH power for 1 to 2 minutes, stirring once. mix in sour cream.

## Pan Scones C

makes 24 small or 12 large

**Ingredients:**

| | | |
|---|---|---|
| 45 g | butter | 45 g |
| 1/3 cup | sugar | 85 ml |
| 1 | egg, lightly beaten | 1 |
| 1 1/2 cup | self-raising flour | 375 ml |
| 1 cup | milk | 250 ml |

**Method:**

Cream butter and sugar in a bowl until light and fluffy. Beat in egg. Stir in sifted flour and milk in two batches. Grease small or large muffin pans. Drop tablespoons of mixture in pans. Preheat oven to convection 200°C Cook for 10-15 minutes or until golden.

## Caramel Coconut Slice MC

Makes: 1 x 20 x 20 cm pan

**Ingredients:**

| | | |
|---|---|---|
| 100 g | butter | 100 g |
| 1/2 cup | plain flour | 125 ml |
| 1/2 cup | self-raising flour | 125 ml |
| 1/2 cup | coconut | 125 ml |
| 1/2 cup | caster sugar | 125 ml |
| **Filling:** | | |
| 1 can (400 g) | sweetened condensed milk | 1 can (400 g) |
| 2 tablespoons | golden syrup | 30 ml |
| 1/3 cup | | 85 ml |
| 40 g | brown sugar | 40 g |
| 1 can (400 g) | butter | 1 can (400 g) |
| **Topping:** | | |
| 2 | eggs | 2 |
| 1/3 cup | caster sugar | 85 ml |
| 2 cups | coconut | 500 ml |

**Method:**
Grease and paper line a 19 x 28 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Sift flours into bowl, stir in coconut, sugar and butter. Press over base of prepared pan. Spread filling over base and sprinkle with topping. Cook on Combination 2 for 25 to 30 minutes. To prepare filling, place all ingredients in a bowl and cook on MED HIGH for 3 to 5 minutes, stirring twice during cooking. To prepare topping, combine all ingredients and mix well.

## Apricot Honey Slice R

Makes : 1 x 18 x 28 cm dish

**Ingredients:**

| | | |
|---|---|---|
| 185 g | butter | 185 g |
| 2 tablespoon | honey | 30 ml |
| 250 g | crushed honey snap biscuits | 250 g |
| 1/2 cup | chopped pecans | 125 ml |
| 1/2 cup | coconut | 125 ml |
| 1 cup | chopped dried apricots | 250 ml |

**Method:**
Grease and line 18 x 28 cm dish. Place butter and honey in 2-litre dish. Cook on HIGH for 1 to 2 minutes. Add remaining ingredients. Stir until combined. Press evenly into prepared dish. Refrigerate and cut into squares when cool.

## Lemon Coconut Meringue Slice MC

Makes: 1 x 19 x 28 cm pan

**Ingredients:**

| | | |
|---|---|---|
| 90 g | butter | 90 g |
| 1/4 cup | caster sugar | 60 ml |
| 3/4 cups | plain flour | 190 ml |
| 1/3 cup | cornflour | 85 ml |
| 1 can (400 g) | condensed milk | 1 can (400 g) |
| 2 | eggs, separated | 2 |
| 2 teaspoons | grated lemon rind | 10 ml |
| 1/2 cup | lemon juice | 125 ml |
| 1/4 cup | caster sugar, extra | 60 ml |
| 1/2 cup | desiccated coconut | 125 ml |
| 1/2 cup | slivered almonds | 125 ml |

**Method:**
Grease and paper line a 19 x 28 cm lamington pan. Cream together butter and sugar. Gradually add sifted flours and knead lightly until combined. Spread over base of prepared pan. Combine condensed milk, egg yolks, lemon rind and juice in a bowl, cook on MED HIGH for 3 to 4 minutes, stirring twice. Spread over base. Beat egg whites in a small bowl until soft peaks form, gradually add extra sugar. Add desiccated coconut, spread over filling and sprinkle with slivered almonds. Cook on Combination 2 for 30 to 35 minutes.

## Chocolate Fudge R

Makes: 1 x 20 cm square pan

**Ingredients:**

| | | |
|---|---|---|
| 300 g | chocolate pieces | 300 g |
| 1 can (400 g) | condensed milk | 1 can (400 g) |
| 1 cup | chopped nuts | 250 ml |

**Method:**
Grease a 20 cm square dish. Place chocolate and condensed milk in a 2-litre jug and cook on HIGH for 2 minutes. Add nuts and place in prepared dish. Refrigerate and cut into square when cold.

## Speedy Chocolate Bit Slice C R

Makes: 1 x 19 x 28 cm slice pan

**Ingredients:**

| | | |
|---|---|---|
| 90 g | butter | 90 g |
| 1 cup | sweet biscuit crumbs | 250 ml |
| 1 1/2 cups | chocolate bits | 375 ml |
| 1 cup | shredded coconut | 250 ml |
| 1 cup | chopped nuts | 250 ml |
| 1 can (400 g) | sweetened condensed milk | 1 can (400 g) |

**Method:**
Grease and paper line a 20 cm square pan. Set aside. Place butter in a 2-cup jug and cook on MED HIGH for 1 minute. Place butter in the base of the prepared dish. Sprinkle with biscuit crumbs, chocolate bits, shredded coconut, and chopped nuts. Pour over condensed milk. Cook on Convection 180°C for 25 to 30 minutes.

## Chocolate Fruit Slice with Lemon Icing C

Makes: 25 cm x 30 cm pan

**Ingredients:**

| | | |
|---|---|---|
| 1 1/2 cups | self-raising flour | 375 ml |
| 3/4 cup | sugar | 190 ml |
| 1 1/2 teaspoon | mixed spice | 7 ml |
| 1 cup | mixed fruit | 250 ml |
| 1/2 cup | coconut | 125 ml |
| 1/4 cup | glace cherries | 60 ml |
| 1/2 cup | chocolate pieces | 125 ml |
| 2 | eggs, lightly beaten | 2 |
| 90 g | butter, melted | 90 g |
| **Icing:** | | |
| 1 1/2 cup | icing sugar | 375 ml |
| 1 teaspoon | butter | 5 ml |
| 1 tablespoon | lemon juice | 15 ml |

**Method:**
Preheat oven to 180°C. Combine dry ingredients, stir in eggs and butter. Press into a greased 23 cm pan. Cook for 20 minutes or until cooked through. Let cool in pan. Spread with icing.
Refrigerate till set.
**Icing:**
Sift icing sugar into a small bowl. Stir in butter and lemon juice to make a paste.

**HINT:**
Cakes cooked by microwave will appear moist when removed from the microwave oven. Excess moisture will be absorbed on standing.

## Peanut and Sultana Slice MC

Makes: 1 x 20 x 20 cm pan

**Ingredients:**

| | | |
|---|---|---|
| 185 g | butter | 185 g |
| 1/2 cup | caster sugar | 125 ml |
| 1/2 cup | sultanas | 125 ml |
| 1 cup | raw unsalted peanuts | 250 ml |
| 1 cup | coconut | 250 ml |
| 1 can | plain flour | 250 ml |

**Method:**
Grease and paper line a 20 x 20 cm lamington pan. Melt butter on HIGH for 1 to 2 minutes. Stir in sugar, sultanas, peanuts and coconut, then shifted flour. Press mixture into base of pan and cook on Combination 4 for 20 to 25 minutes.

## Chocolate Peanut Butter Cheesecake MC

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| **Base:** | | |
| 250 g | peanut cookies, finely crushed | 250 g |
| 125 g | butter | 125 g |
| **Filling:** | | |
| 2 x 250 g | packets cream cheese, softened | 2 x 250 g |
| 1/2 cup | brown sugar | 125 ml |
| 1 cup | crunchy peanut butter | 250 ml |
| 2 | eggs | 2 |
| 1 teaspoon | vanilla essence | 5 ml |
| 1/2 cup | sour cream | 125 ml |
| **Topping:** | | |
| 150 g | chocolate | 150 g |
| 1/4 cup | sour cream | 60 ml |

**Method:**
Melt butter in a 1-litre casserole dish on HIGH for 30 to 40 seconds. Add crushed biscuits and combine. Press biscuit mixture evenly over base and sides of a greased 20 cm spring form tin. Refrigerate until firm. Place filling ingredients into a mixing bowl, beat until mixture is combined. Pour mixture into chilled biscuit base. Place in oven, cook on Combination 4 for 25 to 30 minutes. Allow to cool and spread with topping.
**Topping:**
Melt chocolate in a 2 cup (500 ml) jug on MED HIGH for 1 to 2 minutes. Stir in sour cream. Spread over cheesecake.

## Apricot Cheesecake C

Serves: 8 to 10

**Ingredients:**

| | | |
|---|---|---|
| 250 g | plain biscuits | 250 g |
| 90 g | butter | 90 g |
| 1/4 cup | apricot jam | 60 ml |
| 250 g | ricotta cheese | 250 g |
| 1 cup | chopped dried apricots | 250 ml |
| 2 | eggs | 2 |
| 1/2 cup | caster sugar | 125 ml |
| 300 ml | cream | 300 ml |
| 2 tablespoons | flour | 30 ml |
| 1 teaspoon | vanilla essence | 5 ml |

**Method:**

Crush or process biscuits until fine. Melt butter in a bowl on MED HIGH for 30 to 60 seconds. Combine with biscuit crumbs and press onto the base of a 25 cm flan dish. Warm jam in a small bowl on MED HIGH for 30 seconds. Brush jam over biscuit base. Refrigerate while making filling.
Preheat oven to 160°C. Beat together the remaining ingredients until well combined and pour into the biscuit base. Cook on Convection 160°C for 45 to 50 minutes. Refrigerate until cold before slicing.

If desired, decorate with whipped cream, drained canned apricot halves and roughly chopped pecans.

## Zesty Cheesecake

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 250 g | sweet biscuits, finely crushed | 250 g |
| 125 g | butter | 125 g |
| **Filling:** | | |
| 250 g | cream cheese | 250 g |
| 400 g | sweetened condensed milk | 400 g |
| 3 teaspoons | lemon or lime rind | 15 ml |
| 1/3 cup | lemon or lime juice | 85 ml |
| 1 teaspoon | gelatin | 5 ml |
| 1 tablespoon | water | 15 ml |

**Method:**

**Base:**

Place butter in a 2-litre bowl and cook on HIGH for 1 minute, add biscuit crumbs. Press mixture evenly over base and sides of a lightly greased spring form tin. Refrigerate while preparing filling.

**Filling:**

Beat cream cheese in a small bowl with electric mixer until smooth, add condensed milk, rind and juice, beat until smooth. Place water in a 1 cup (250 ml) jug, sprinkle gelatin over water and cook on MED HIGH for 30 seconds, add and mix into lemon mixture. Pour into base and refrigerate until set. Garnish with strawberries and cream.

## Honeycomb Cheesecake

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 250 g | packet honey snap biscuits, crushed | 250 g |
| 125 g | butter | 125 g |
| 3 teaspoons | gelatin | 15 ml |
| 1/4 cup | water | 60 ml |
| 375 g | cream cheese | 375 g |
| 1/2 cup | caster sugar | 125 ml |
| 1 teaspoon | vanilla essence | 5 ml |
| 300 ml | thickened cream | 300 ml |
| 3 | chocolate coated honeycomb bars, crushed | 3 |

**Method:**

Place butter in a 2-litre bowl and cook on HIGH for 1 minute. Add biscuit crumb, mix well. Press mixture into base and sides of a 22 cm spring form tin. Refrigerate while making filling. Place water in a small bowl, sprinkle with gelatin. Heat on MEDIUM for 30 to 40 seconds to dissolve, **DO NOT BOIL.** Place cream cheese into a mixing bowl, add sugar and vanilla essence. Beat until smooth with electric mixer. Beat cream in a small bowl until soft peaks form. Stir gelatin mixture into the cheese mixture, add cream and chocolate honeycomb bars. Pour into the crust, refrigerate until set.

## Sticky Date Pudding

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 2 cups | dates, chopped and pitted | 500 ml |
| 1 teaspoons | bicarbonate of soda | 5 ml |
| 75 g | butter | 75 g |
| 3/4 cup | sugar | 190 ml |
| 2 | eggs | 2 |
| 1 1/2 cup | self-raising flour | 375 ml |
| 1/4 teaspoons | ground cloves | 1 ml |
| 1/4 teaspoons | mixed spice | 1 ml |

**Method:**

Preheat oven to 180°C. Grease and line a 23cm round deep cake tin. Place dates, with 1 3/4 cups water in a 2-litre dish. Cook on HIGH for 2-3 minutes, add soda and let stand for 5 minutes. Coarsely mash mixture, set aside.
Cream together butter, sugar and eggs. Fold in sifted flour and spices. Add to date mixture, mix well to combine. Pour into prepared pan. Bake in oven for 50-55 minutes, or until skewer comes out clean when inserted. Leave stand for 5 minutes before removing from the pan.

**Sauce:**

Caramel Sauce: Place 150 g of butter, 1 cup of brown sugar, 1/3 cup golden syrup and 3/4 cup of cream into a bowl. Mix well. Cook on MEDIUM HIGH for 2 minutes, or until thickened. Pour over pudding.

## Christmas Pudding

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| 500 g | mixed dried fruit | 500 g |
| 1/4 cup | brandy | 60 ml |
| 125 g | butter | 125 g |
| 125 g | brown sugar | 125 g |
| 2 | eggs | 2 |
| 1/2 cup | flour | 125 ml |
| 1 teaspoon | mixed spice | 5 ml |
| 2 teaspoons | golden syrup | 10 ml |
| 2 teaspoons | almond essence | 10 ml |
| 3/4 cup | fresh breadcrumbs | 190 ml |
| 1/2 cup | canned pie apples | 125 ml |

**Method:**
Place fruit in a large mixing bowl and pour over brandy. The fruit can be soaked overnight for added flavour. Cream butter and sugar in a large mixing bowl until light and fluffy. Add eggs one at a time beating gently after each addition. Add sifted flour and spices, golden syrup, almond essence, breadcrumbs and apples. Mix well. Add cake mixture to fruits and fold until well combined. Grease a 5-cup pudding bowl and line with 2 strips of greaseproof paper to form a cross in the base of the bowl. Pour mixture into the bowl and smooth over top. Cook on MEDIUM for 18 minutes. Shield edges with strips of foil secured with string, and continue to cook on MEDIUM for 18 minutes. Stand loosely covered for 10 minutes before serving.

## Caramel Bread and Butter Pudding C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 5 | slices of buttered bread | 5 |
| 1/2 cup | brown sugar | 125 ml |
| 1 large can | evaporated milk | 1 large can |
| 1 cup | water | 250 ml |
| 3 | eggs | 3 |
| 1/4 cup | sugar | 60 ml |
| 1 teaspoons | vanilla | 5 ml |
| 1/2 cup | sultanas cinnamon | 125 ml |

**Method:**
Cut crust off bread, cut into finger slices. Grease a 1.5 litre dish. Sprinkle brown sugar over base. Cover with bread, buttered side up.
Beat eggs, sugar and vanilla until fluffy. Add milk, sultanas and water, beat. Carefully pour mixture over bread. Sprinkle with cinnamon. Place dish in a baking tin with enough water to come half-way up sides of dish. Preheat oven to Convection180°C. Cook for 30-35 minutes. or until custard is set.

## Strawberry Mousse

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 1/4 cup | water | 60 ml |
| 2 teaspoons | powdered gelatin | 10 ml |
| 100 g | white chocolate | 100 g |
| 1 | punnet strawberries | 1 |
| 2 | egg yolks | 2 |
| 180 ml | cream | 180 ml |

**Method:**
Place water in a small bowl, sprinkle with gelatin. Heat on MED HIGH for 1 minute to dissolve, do not boil. Break chocolate into small pieces and place into a small bowl, melt on MED HIGH for 1 to 1 1/2 minutes. Allow to cool slightly. Process strawberries or sieve to a puree.
Combine egg yolks with cream, add cooled chocolate and gelatin and fold lightly. Gently fold strawberries into mixture. Pour into individual ramekins or one large mould and refrigerate for 2 to 3 hours or until set.

## Pineapple Slice R C

Serves: 8 to 10

**Ingredients:**

| | | |
|---|---|---|
| 1 cup | self-raising flour | 250 ml |
| 3/4 cup | plain flour | 190 ml |
| 1/2 cup | caster sugar | 125 ml |
| 125 g | melted butter | 125 g |
| **Topping:** | | |
| 900 ml | pineapple juice | 300 ml |
| 1 cup | caster sugar | 250 ml |
| 4 tablespoon | custard powder | 60 ml |
| 4 tablespoon | cornflour | 60 ml |

**Method:**
In a 3 litre bowl mix flours, sugar and melted butter. Press into the base of a 20cm square pan. Convection in a 150°C oven for 25 minutes or until golden brown.
**Topping:**
In a 3 litre jug whisk pineapple juice, sugar, custard powder and cornflour until smooth. Cook on HIGH for 4 minutes. Stir. Cook on HIGH for another 4minutes. Pour over base, refrigerate until set, cut into squares.

## Baked Alaska Surprise C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 10 to 12 | sponge finger biscuits or 1 round trifle sponge | 10 to 12 |
| 1 | punnet strawberries, hulled and cut in half | 1 |
| 1 tablespoon | caster sugar | 15 ml |
| 2 tablespoon | fruit liqueur | 15 ml |
| 4 cups | vanilla ice cream | 1 litre |
| 4 | egg whites | 4 |
| 3/4 cups | caster sugar, extra | 190 ml |
| 1/4 cup | chopped almonds (optional) | 60 ml |

**Method:**
Line the base of a 23 cm round flan dish with biscuits or sponge (the biscuits will overlap.) Place strawberries over base and sprinkle with sugar and liqueur. Place scoops of ice cream evenly over strawberries. Place in freezer.
Preheat oven to 250°C. Beat egg whites until stiff. Gradually add extra sugar beating all the time until sugar has dissolved and mixture is thick and glossy. Fold in almonds and spoon meringue mixture over ice cream. Cook on 250°C for 3 to 5 minutes. Serve immediately.

Baked Alaska Surprise

## Lemon Delight C

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 3 | eggs. separated | 3 |
| 1/2 cup | caster sugar | 125 ml |
| 30 g | butter | 30 g |
| 1 cup | milk | 250 ml |
| 3 teaspoon | lemon rind | 15 ml |
| 1/2 cup | lemon juice | 125 ml |
| 1/2 cup | self-raising flour, sifted | 125 ml |
| 1/2 cup | caster sugar, extra | 125 ml |
| 2 tablespoon | icing sugar | 30 ml |

**Method:**
Beat egg yolks and sugar together until thick. Stir in remaining ingredients, except egg whites. Beat egg whites until stiff, add extra sugar and continue beating until white and glossy and sugar has dissolved. Fold into lemon mixture. Pour mixture into a greased 6 cup (1.5 litres) pudding dish.
Preheat oven to Convection 180°C. Cook for about 50 minutes. Dust top with icing sugar. Serve immediately.

## Pavlova C

Serves: 8 to 10

**Ingredients:**

| | | |
|---|---|---|
| 4 | egg whites | 4 |
| | pinch of salt | |
| 1 1/4 cups | caster sugar | 290 ml |
| 2 teaspoons | vinegar | 10 ml |
| 2 tablespoons | cornflour | 30 ml |
| **Topping:** | | |
| 300 ml | cream | 300 ml |
| 1 | punnet strawberries, hulled and cut in half | 1 |
| 2 | passionfruit | 2 |

**Method:**
Preheat oven to 140°C. Grease and line a baking tray. Dust with one tablespoon cornflour. Beat egg whites and salt until stiff. Gradually add sugar and continue beating until white and glossy and sugar has dissolved. Fold vinegar and remaining cornflour into egg mixture. Pile mixture high on a baking tray. Cook on 140°C for 60 to 70 minutes. Allow to cool.

**Filling:**
Beat cream until thick. Spread cream over pavlova and decorate with strawberries and passionfruit.

## Peach Crumble R MC

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| **Pastry:** | | |
| 70 g | butter | 70 g |
| 1/2 cup | flour | 125 ml |
| 1/4 cup | caster sugar | 60 ml |
| 1 cup | toasted muesli | 250 ml |
| 1/2 cup | chredded coconut | 125 ml |
| 1/2 teaspoon | cinnamon | 2 ml |
| 810 g | can peach slices | 810 g |

**Method:**
Place butter in 2-litre jug. Cook on HIGH for 1 minutes. Mix in flour, sugar, toasted muesli, coconut and cinnamon. Place peaches in the base of a 1-litre dish. Top with crumble mixture. Cook on Combination 4 for 15 to 20 minutes.

## Apricot Rice Pudding MC

Serves: 6

**Ingredients:**

| | | |
|---|---|---|
| 6 cups | cooked rice | 1,5 litre |
| 400 g | can condensed milk | 400 g |
| 1 cup | milk | 250 ml |
| 2 | eggs, lightly beaten | 2 |
| 1/2 cup | chopped dried apricots | 125 ml |
| 1/2 cup | chopped pecans | 125 ml |

**Method:**
Place rice in the base of a 2-litre pyrex dish. Combine the remaining ingredients in a jug and pour over the rice. Cook on Combination 2 for 30 to 40 minutes.

## Ginger Snap Cookies

Makes: Approximately 20 to 30

**Ingredients:**

| | | |
|---|---|---|
| 90 g | butter | 90 g |
| 1/3 cup | brown sugar | 85 ml |
| 1/3 cup | golden syrup | 85 ml |
| 1 1/3 cup | plain flour | 335 ml |
| 3/4 cup | bicarbonate of soda | 190 ml |
| 1 teaspoon | ground cinnamon | 5 ml |
| 1 tablespoon | ground ginger | 15 ml |
| 1/4 teaspoon | ground cloves | 1 ml |

**Method:**
Place butter, sugar and golden syrup in a bowl, and cook on HIGH for 2 to 3 minutes, or until butter has melted. Stir in remaining ingredients. Place tablespoons of mixture onto greased baking trays. Preheat oven to convection 180°C. Cook for 12 minutes or until golden brown.

## Apple and Peach Pie C

Serves: 6 to 8

**Ingredients:**

| | | |
|---|---|---|
| **Pastry:** | | |
| 185 g | butter | 185 g |
| 1/2 cup | caster sugar | 125 ml |
| 1 tablespoon | lemon juice | 15 ml |
| 1 | egg | 1 |
| 1 1/2 cups | plain flour | 375 ml |
| 1 cup | self-raising flour | 250 ml |
| **Filling:** | | |
| 1 cans (440 g) | pie apples | 1 cans (440 g) |
| 1/4 cup | caster sugar | 60 ml |
| 1 teaspoon | cinnamon | 5 ml |

**Method:**
Using electric beaters or a food processor, process all pastry ingredients except flour until smooth and creamy. Add flours and process until combined. Press 2/3 of prepared pastry into the base of a 23 cm pie plate. Add combined filling ingredients to pie base. Roll remaining pastry between two sheets of greaseproof paper to fit pie. Place on pie and press edges together. Cook on 180°C for 40 to 50 minutes. Preheating is not required.

**Variation:**
Make into individual pies. Prepare as above but cook for approximately 25 to 30 minutes.

## Coffee Liqueur

Makes: 3 cups (750 ml)

**Ingredients:**

| | | |
|---|---|---|
| 1 1/2 cups | hot tap water | 290 ml |
| 2 cups | sugar | 500 ml |
| 1/3 cup | instant coffee | 85 ml |
| 2 cups | vodka | 500 ml |
| 3 teaspoons | vanilla essence | 15 ml |

**Method:**
Pour water into a 4-litre casserole dish. Cook on HIGH for 2 to 3 minutes. Add remaining ingredients except vodka and stir well. Cook on MEDIUM for 30 to 35 minutes. Cool slightly and mix in vodka. Pour into an airtight container and stand for 4 days before serving. Serve in liqueur glasses.

## Strawberry Liqueur

Makes: 3 cups (750 ml)

**Ingredients:**

| | | |
|---|---|---|
| 500 g | sugar | 500 g |
| 600 ml | brandy or whisky | 600 ml |
| 500 g | washed and hulled strawberries | 500 g |

**Method:**
Place sugar and strawberries in a 4-litre dish. Stir well. Cook on HIGH for 20 minutes. Stir halfway through cooking. Stir in brandy or whisky. Pour into an airtight container. Store refrigerated. Serve in liqueur glasses or as a tall drink with ice cubes and soda water.

## Fruit Mince

Makes: 2 cups (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 250 g | mixed dried fruit | 250 g |
| 1 can (440 g) | crushed pineapple and juice | 1 can (440 g) |
| 1 | cooking apple (peeled, cored and grated) | 1 |
| 1 cup | brown sugar | 250 ml |
| 1 tablespoon | brandy | 15 ml |
| 1 teaspoon | nutmeg | 5 ml |
| 1 teaspoon | cinnamon | 5 ml |
| 1 tablespoon | cornflour | 15 ml |
| 1/4 cup | water | 60 ml |

**Method:**
Combine all ingredients except cornflour and water in a 2-litre casserole dish. Cook on MED LOW for 3 to 5 minutes. Blend cornflour with water and stir into fruit mixture. Cook on HIGH for 4 to 6 minutes. Stir. Cool, bottle and seal, or use immediately.

## Caramel Sauce R

Makes: 2 cup (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 1 can (400 g) | condensed milk | 1 can (400 g) |
| 1/4 cup | brown sugar | 60 ml |
| 2 tablespoons | golden syrup | 30 ml |
| 300 ml | cream | 300 ml |

**Method:**
Combine all ingredients except cream in a 2-litre jug. Mix well. Cook on HIGH for 3 to 4 minutes, stirring halfway through cooking. Mix cream. Serve over ice cream or with the pudding of your choice.

## Rich Chocolate Sauce R

Makes: 1 cup (250 ml)

**Ingredients:**

| | | |
|---|---|---|
| 200 g | chocolate pieces | 200 g |
| 300 ml | cream | 300 ml |

**Method:**
Place chocolate and cream in a 1 litre pyrex jug, melt on HIGH for 2 to 3 minutes. Mix well and serve hot over ice cream.

## Sweet Berry Sauce R

Makes: approximately 2 cups

**Ingredients:**

| | | |
|---|---|---|
| 1/2 cup | caster sugar | 125 ml |
| 1/2 cup | water | 125 ml |
| 500 g | berries, chopped | 500 g |
| 2 tablespoons | water | 30 ml |
| 1 tablespoon | cornflour | 15 ml |

**Method:**
Combine sugar and water in a 3-litre casserole bowl. Cook on HIGH for 2 to 3 minutes. Add berries and cook on HIGH for 3 to 4 minutes. Blend water and cornflour. Mix into berry sauce. Cook on HIGH for 2 minutes. Serve hot or cold with ice cream.

**HINT:**
Chocolate retains its shape when melted, so stir during cooking time. Melt 100 g chocolate on MED HIGH for 1 to 2 minutes.

## Mushroom Sauce

Makes: 1 1/2 cups (375 ml)

**Ingredients:**

| | | |
|---|---|---|
| 3 tablespoons | margarine or butter | 45 ml |
| 2 tablespoons | flour | 30 ml |
| 1 teaspoon | soy sauce | 5 ml |
| 3/4 cups | cream | 190 ml |
| | salt and pepper taste | |
| 1/2 teaspoon | curry powder | 2 ml |
| 1 can (190 g) | drained champignons (mushrooms), sliced | 1 can (190 g) |

**Method:**
Place butter or margarine in a 4-cup (1 litre) glass jug. Cook on HIGH for 40 seconds. Add flour and soy sauce. Blend to a smooth paste. Add cream and stir until smooth. Add seasonings and mushrooms. Cook on HIGH for 2 to 3 minutes, stirring every 1 minute. Serve on toast or as accompaniment to meats. Sauce can be reheated on HIGH for 30 to 60 seconds.

## Creamy Bacon Sauce R

Makes: Approximately 300 ml

**Ingredients:**

| | | |
|---|---|---|
| 1 | onion, chopped | 1 |
| 3 | bacon rashers, chopped | 3 |
| 1 teaspoon | minced garlic | 5 ml |
| 300 ml | cream | 300 ml |
| 1/4 cup | parmesan cheese | 60 ml |
| | pepper | |
| 2 tablespoons | chopped fresh parsley | 30 ml |

**Method:**
Place onion, bacon and garlic in a 2-litre jug and cook on HIGH for 4 to 5 minutes. Add cream, parmesan cheese pepper and parsley and mix well. Cook on HIGH for 3 to 4 minutes.

## Cheese Sauce R

Makes: 1 1/2 cups (375 ml)

**Ingredients:**

| | | |
|---|---|---|
| 40 g | butter | 40 g |
| 2 tablespoons | flour | 30 ml |
| 1 cup | milk | 250 ml |
| 1/2 cup | grated cheese | 125 ml |

**Method:**
Melt butter in a 1-litre jug on HIGH for 50 seconds. Add flour and mix well. Gradually stir in milk. Cook on HIGH for 2 to 3 minutes. Add cheese and cook on HIGH for a further 1 to 2 minutes. Stir and serve with vegetables of your choice.

**HINT:**
It is best to cook meat for the lesser time in a recipe and add extra time if needed. This will prevent over cooking.

## Mint Sauce

Makes: Approximately 1/3 cup (85 ml)

**Ingredients:**

| | | |
|---|---|---|
| 1 tablespoons | water | 15 ml |
| 1 tablespoons | sugar | 15 ml |
| 2 tablespoons | brown vinegar | 30 ml |
| 2 tablespoons | mint, finely chopped | 30 ml |

**Method:**
Combine all ingredients in a 1-cup (250 ml) jug. Cook on HIGH for 30 to 60 seconds. Stir well and serve with Roast Lamb.

## Hollandaise Sauce

Makes: 3/4 cups (190 ml)

**Ingredients:**

| | | |
|---|---|---|
| 60 g | butter | 60 g |
| 2 tablespoons | lemon juice | 30 ml |
| 2 | egg yolks | 2 |
| 1/4 cup | cream | 60 ml |
| 1/2 teaspoon | mustard | 2 ml |
| 1/4 teaspoon | salt | 1 ml |

**Method:**
Place butter in a 2-cup (200 ml) jug, cook on HIGH for 40 seconds. Add lemon juice, egg yolks and cream, mix well. Cook on MEDIUM for 60 to 90 seconds. Add mustard and salt, mix until smooth. Serve with eggs, vegetables or fish dishes.

## Spaghetti Meat Sauce R

Serves: 4 to 6

**Ingredients:**

| | | |
|---|---|---|
| 500 g | minced beef | 500 g |
| 1 | onion, chopped | 1 |
| 1 teaspoon | minced garlic | 5 ml |
| 1 can (425 g) | tomatoes | 1 can (425 g) |
| 1 cup | tomato paste | 250 ml |
| 2 | beef stock cubes | 2 |
| 1 tablespoon | dried mixed herbs | 15 ml |
| 1 tablespoon | worcestershire sauce | 15 ml |
| | pepper | |

**Method:**
Combine all ingredients in a 3-litre casserole dish. Cook on HIGH for 8 to 9 minutes, stir. Cook on MED HIGH for 14 to 18 minutes. Stirring halfway through cooking. Serve with spaghetti.

**HINT:**
Potatoes in their jackets may be wrapped in foil after cooking as they will retain their heat for at least 15 minutes.

## Strawberry Jam

Makes: Approximately 600 ml

**Ingredients:**

| | | |
|---|---|---|
| 1 kg | strawberries, washed and hulled | 1 kg |
| 1 kg | caster sugar | |
| | pectin, if required | |

**Method:**
Place strawberries in a 4-litre casserole dish. Cover and cook on HIGH for 5 minutes. Stir in sugar and pectin if required. Cook on MED HIGH for 25 to 30 minutes, stirring every 10 minutes. Cool and bottle in sterilised jars. Seal.

## Sweet Apricot Jam

Makes: 3 cups (750 ml)

**Ingredients:**

| | | |
|---|---|---|
| 750 g | dried apricots, cut in quarters | 750 g |
| 1800 ml | water | 1800 ml |
| 1.3 kg | sugar | 1,3 kg |
| 2 tablespoons | pectin | 30 ml |

**Method:**
Place apricots and water in a 4-litre casserole dish. Cover and allow to stand overnight. Add sugar to apricots and water. Cover and cook on HIGH for 25 to 30 minutes, stirring halfway through cooking. Remove lid, add pectin, stir well. Cook on HIGH for a further 25 to 30 minutes, stirring halfway through cooking. Allow to cool slightly before pouring into sterilised jars. Seal.

## Rhubarb and Berry Jam

Makes: 1½ cups (375 ml)

**Ingredients:**

| | | |
|---|---|---|
| 2 cups | chopped rhubarb | 500 ml |
| 1½ cups | berries, fresh or frozen | 375 ml |
| 2 tablespoons | orange juice | 30 ml |
| 1 cup | caster sugar | 250 ml |

**Method:**
Combine rhubarb, berries and orange juice in a 3-litre casserole dish. Cook on HIGH for 8 to 10 minutes, stirring twice during cooking. Add sugar, stir until dissolved, cook on HIGH for a further 10 to 15 minutes, stirring every 5 minutes. Pour into sterilised jars, seal when cold.

**HINT:**
When making some sauces in the microwave oven, less liquid may be needed as less evaporation occurs with a shorter cooking time.

Jam

## Orange Marmalade

Makes: 3 cups (750 ml)

**Ingredients:**

| | | |
|---|---|---|
| 3 | oranges (approx. 650 g) | 3 |
| 1 | lemon | 1 |
| | water | |
| 3 cups | sugar | 750 ml |

**Method:**
Wash fruit. Cut oranges and lemon in half and squeeze juice. Pour juice into a 2-litre jug and add enough water to make 3 cups of liquid. Cut rind into very fine strips removing any large amounts of pith and add to liquid. Soak for 12 to 24 hours. Cook on HIGH for 20 minutes. Add sugar, stir until dissolved and cook on HIGH for 10 minutes and then MEDIUM for a further 10 to 15 minutes or until setting point is reached. Cool slightly and bottle in sterilized jars. Seal.

## Rhubarb and Apple Conserve

Makes: 2 cups (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 350 g | rhubarb, chopped | 350 g |
| 3 | medium sized apples, grated | 3 |
| 2 tablespoons | water | 30 ml |
| 1 cup | caster sugar | 250 ml |
| 2 tablespoons | lemon juice | 30 ml |

**Method:**
Place rhubarb, apple and water in a 3-litre casserole dish, cover and cook on HIGH for 6 to 8 minutes, stirring once during cooking. Stir in sugar and lemon juice and cook uncovered on HIGH for 15 minutes stirring after every 5 minutes. Pour into hot sterilised jars, when cool, seal.

## Peach Butter

Makes: 2 cups (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 1 can (425 g) | peaches, drained | 1 can (425 g) |
| 1 teaspoon | grated lemon rind | 5 ml |
| 1/4 cup | lemon juice | 60 ml |
| 90 g | butter | 90 g |
| 3 | eggs | 3 |
| 3/4 cups | caster sugar | 190 ml |

**Method:**
In a blender or food processor, place peaches, lemon rid and juice process until smooth. Place eggs in a 3-litre casserole dish whisk (with an egg whisk) until well combined, add remaining ingredients, cook on HIGH for 6 to 8 minutes, until mixture has thickened. Whisk twice during cooking. Pour into jars, cool then seal. Store in the refrigerator.

## Lemon Butter

Makes: 1 cup (250 ml)

**Ingredients:**

| | | |
|---|---|---|
| 1/2 cup | grated rind and juice of 3 lemons | 125 ml |
| 1/3 cup | sugar | 85 ml |
| 3 | egg yolks | |
| 1 tablespoon | butter | 15 ml |
| 1 tablespoon | cornflour | 15 ml |

**Method:**
Blend all ingredients in a 4-cup (1 litre) glass jug. Cook on MEDIUM for 4 to 5 minutes, stirring every minute. Pour into hot sterilised jars and seal immediately.

## Passionfruit Butter

Makes: 1 1/2 cups (375 ml)

**Ingredients:**

| | | |
|---|---|---|
| 3 | eggs | 3 |
| 1/2 cup | caster sugar | 125 ml |
| 6 | passionfruit, pulp removed | 1,5 litre |
| 90 g | butter | 90 g |

**Method:**
Beat eggs and sugar together in a 1 litre jug until combined. Stir in passionfruit pulp and butter. Cook on MED HIGH for 4 minutes, stirring after every minute. Pour into hot sterilised jars, when cool, seal.

## Mango Chutney

Makes: 2 cups (500 ml)

**Ingredients:**

| | | |
|---|---|---|
| 450 g | fresh mango, peeled and sliced | 450 g |
| 250 g | cooking apples, peeled, cored and sliced | 250 g |
| 2 tablespoons | salt | 30 ml |
| 2 | onions, finely sliced | 2 |
| 300 g | brown sugar | 300 g |
| 150 ml | malt vinegar | 150 ml |
| 1 teaspoon | ground ginger | 5 ml |
| 1 teaspoon | chilli powder | 5 ml |

**Method:**
Place mango and apple in a bowl and sprinkle with salt. Stand overnight. Rinse and drain fruit. Place fruit in a 4-litre casserole dish, add onion. Cover and cook on HIGH for 6 minutes, stirring halfway through cooking. Add sugar, vinegar and spices, mix well. Cover and cook on HIGH for 15 minutes. Pour into sterilised jars and seal.

## Tomato Chutney

Makes: 3 cups (750 ml)

**Ingredients:**

| | | |
|---|---|---|
| 250 g | onion, finely chopped | 250 g |
| 1.5 kg | ripe tomatoes, skins removed and tomatoes chopped | 1,5 kg |
| 1 teaspoon | salt | 5 ml |
| 1 teaspoon | paprika pinch cayenne pepper | 5 ml |
| 150 ml | malt vinegar | 150 ml |
| 175 g | sugar | 175 g |

**Method:**
Place onions in a 3-litre dish. Cover and cook on HIGH for 4 to 5 minutes. Add tomatoes and cover and cook on HIGH for 5 to 6 minutes. Add salt, spices and vinegar. Stir well and cook on HIGH for 10 minutes, stirring halfway through cooking. Add sugar, stir well and cook on HIGH for 35 to 40 minutes, stirring occasionally. Pour into sterilised jars and seal.

**HINT:**
To plump dried fruit: Add 1 tablespoon of alcohol and a cup of water or fruit juice. Cook on MEDIUM for 10 to 15 minutes, stand until cool.

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# Technical Specifications

| Power Source | 230 - 240 V , 50 Hz | 220 V , 50 Hz |
|---|---|---|
| Power Consumption: | | |
| Microwave | 6.0 Amps, 1,400 W | 6.6 Amps, 1,400 W |
| Heater | 6.6 Amps, 1,580 W | 7.2 Amps, 1,580 W |
| Output: | | |
| Microwave | 850W* | 850W* |
| Heater | Approx. 1,515 W | Approx. 1,515 W |
| Outside Dimension | 306 mm (H) x 555 mm (W) x 439 mm (D) | |
| Oven Cavity Dimensions: | 201 mm (H) x 375 mm (W) x 386 mm (D) | |
| Trim Kit: | NN-TK800 / NN-TK850 | |
| Trim Kit Cabinet Opening Specification: | 389 mm (H) x 632 mm (W) x Min. 533 mm (D) | |
| Uncrated Weight | Approx.23 kg | |

*IEC 705-88 Test procedure

Specifications subject to change without notice.

As for the voltage requirement, the production month, country and serial number, please refer to the identification plate on the microwave oven.